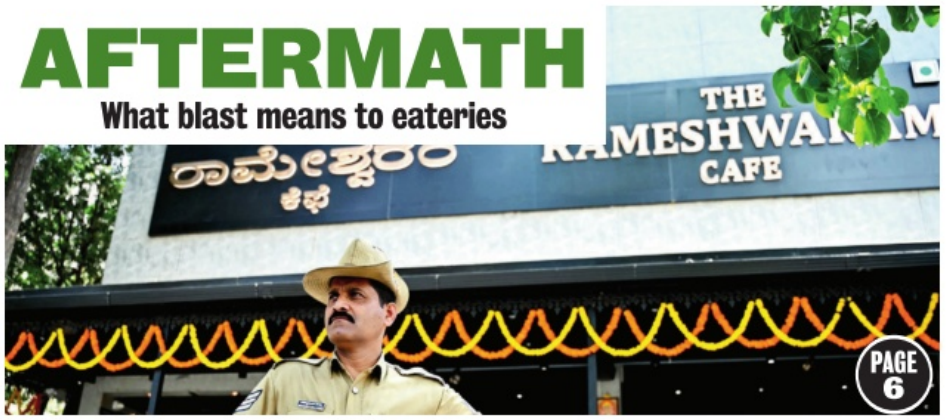
BENGALURU, SUNDAY, MARCH 3, 2024 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SUNDAY

TEMP Max 32 | Min 22 | Humidity 37% Clear with periodic clouds Sensex 73,806 | Nifty 22,378 | Gold 63,600 | Silver 70,630 | Dollar 82.85 | Euro 89.93 | GBP 104.86

AFTERMATH

What blast means to eateries



PAGE 6

WILD WOOD

Just 13% encroachments reclaimed

PAGE 7

BDA constructed 5 high-rise blocks consisting of 415 3BHK flats on Mysore Road without mandatory setback area

NOW THAT'S A HUGE SETBACK!

Over 380 families residing in apartment complex since 2019

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The Bangalore Development Authority (BDA) is supposedly a role model for private builders in following the setback rule while constructing high-rise buildings in the city.

Strangely enough now the BDA has constructed five high-rise blocks consisting of 415 3BHK flats at Valagerahalli on Mysore Road near Kengeri without leaving the mandatory setback area.

The BDA constructed the apartment complex in 2018; more than 380 families have been residing here since 2019. The shocking news is that the apartment complex is yet to get clearance or no objection certificate from the fire and emergency services even four years after residents occupying the flats.

As per the BDA's advice, the flat owners formed BDA Indraprastha Apartment Owners' Welfare Association for the maintenance of the apartment complex. However, the BDA did not take measures to complete the works at the apartment complex thus causing a lot of inconvenience and financial burden to the flat owners.

CONTINUED ON PAGE 12 »

> **"The BDA did not leave necessary setback area on the northern side of the apartment complex delaying fire and emergency services' no objection certificate**
>
> — A Balasubramanya, vice president, BDA Indraprastha Apartment Owners' Welfare Association

Acid trip

Complaint filed against unknown person for poisoning old tree with acid on Sankey Road; third case in a month

| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike's (BBMP) forest cell has filed a complaint against an unknown person for poisoning an old tree along Sankey Road.

According to the area range forest officer of the forest cell, the tree has been poisoned by pouring acid to its roots.

"We received the complaint from residents of the area on Friday and we visited the spot on Saturday morning. We found that the tree was being poisoned by pouring acid into its roots. It is an old avenue tree. We will revisit the spot on Sunday or Monday morning and will issue a notice to the offender," said the official.

The complaint was raised by a business owner on Sankey Road after they witnessed another shop owner on the street pouring acid on the roots twice a day, for the last three days.

"This person has been pouring acid for three days; many people have seen him do it. All the trees on this stretch are between 25 and 55 years old. Moreover, we have worked tirelessly to save these trees from the Sankey Flyover last year. Now, to see acid relentlessly being poured on one of these trees by a resident in the

CONTINUED ON PAGE 12 »

11-year-old with autism defies odds, aims for Special Olympics Bharat

Eleven-year-old Nandan's inspiring journey from diagnosis to becoming a skilled golfer, despite Autism Spectrum Disorder, showcases resilience and determination

Iffath Fathima
Iffath.Fathima
@timesgroup.com

TWEETS @BangaloreMIRROR

Eleven-year-old Nandan, who was diagnosed with Autism Spectrum Disorder (ASD) and Specific Language Impairment (SLI) on the expressive side at the age of 4.5 years old, is aiming to be part of Special Olympics Bharat. Despite his ASD, Nandan's story is an inspiring tale of how he has become a young golfer, scoring high points, and playing for the South Zone.

Nandan, since the age of four, has been undergoing various therapies (Speech Therapy, Occupational Therapy, Sensory Integration, and Special Education) and attending different school formats, from Montessori and mainstream to a Special School. "One thing that stood out for Nandan is his physical strength and his being a little hyperactive. To channel his energy constructively, we started exploring sports when he was seven. He engaged in swimming and played badminton as a recreational activity after school at Salem Sports Academy. Post-COVID, we decided to shift back to Bangalore," said his mother, Harsha Ranjani Sadanand.

A picture of Nandan on the golf course

One day, they met a few well-wishers, and Nandan's father asked the family if they would be able to teach Nandan golf. They agreed to train him, and so Nandan's coaching began with Bipra Saha and Ankush Saha when he was around 8 years old. "As Nandan progressed, we had to transition and find a new setup for him due to various circumstances. At this point, golf was a recreational activity as we had just moved to a different locality in Bangalore, and it was getting difficult to find a suitable swimming pool for him to train. There was a lot of rejection and scepticism wherever we went. It so happened that we made a trip to Zion Hills Golf County and wanted to take him on the course for 9 holes or at least a 1-hole experience. Once we stepped into Zion with another friend of ours, we noticed children practising at the Driving Range. That's when we came to know about TSG Academy. This was November 2021," said Sadanand.

She further disclosed that they met the head coach, Prithvi, followed by Rokhsar Vakharia, the co-founder of the academy, wherein it was an extremely fruitful conversation that ended on a positive note, and they offered them a 1-week free coaching trial program to better understand what it would take to coach Nandan. Nandan joined TSG on February 8th, 2022.

Special credits to Murtaza Raja for coaching Nandan that week and helping him progress giving hope. "Every coach at TSG - Kiran, Madhusudhan, Hari, Manu, and the supporting team - helped us move forward and became the support system that Nandan needed. As Nandan is someone who has difficulty in communicating and expressive language, the team and we as parents decided to work together. From this kind of routine, we followed the practice sessions and walked on the course with him whenever needed. As someone who has communication difficulties, it's important he felt belonged and necessary for him to get the emotional support from one parent at least to be available in the environment," she said.

> **"There was a lot of rejection and scepticism wherever we went**
> – Harsha Ranjani Sadanand, mother

With the help of the team of coaches in TSG Academy, Nandan played a WAGR event on May 3rd, 2023, and secured 3rd place. On May 17th, 2023, Nandan played his first South Zone Event in BGC in Category D when he was 10 years old. He has played the South Zone event held in BGC Bangalore, Mysore, and Zion Hills in Kolar where he secured 14 on a total of 2 days playing 4 and 10 respectively in an 18-hole stroke play. It was his personal best in a South Zone event. Nandan is 11 years old now and has started playing the C category. He also secured 3rd place in the WAGR event that happened in Zion Hills Golf County conducted by TSG in the under 14 Category and secured his first cash prize.

She further added, "He has been showing interest in golf increasingly, and most importantly, we see an improvement in his social skills, expressive language, communication skills, and academics. As a family, we decided very early on to base ourselves at the academy - a big lifestyle shift but the best decision that was made."

Nandan also participated in the Karnataka state Special Olympics trials. We believe he will soon represent the State of Karnataka in the National Games conducted by Special Olympics Bharat and with his absolute talent and hard work will also represent the country in the near future.

FORM-IV
(See Rule-8)

Statement about ownership and other particulars about newspaper **"BANGALORE MIRROR ON SUNDAY"** to be published in the first issue every year after the last day of February.

1. Place of Publication	:	**METROPOLITAN MEDIA COMPANY LIMITED** No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, **BENGALURU - 560011**
2. Periodicity of its Publication	:	**Weekly (Sunday)**
3. Printer's name	:	R. J. Prakashan on behalf of **METROPOLITAN MEDIA COMPANY LTD**
Nationality	:	Indian
Address	:	**Bennett Coleman & Co. Ltd.** Elixir Chancery Building, 1st, 2nd and 4th Floor, 135, Residency Road, Shanthala Nagar, **BENGALURU-560025**
4. Publisher's Name	:	R. J. Prakashan on behalf of **METROPOLITAN MEDIA COMPANY LTD**
Nationality	:	Indian
Address	:	**Bennett Coleman & Co. Ltd.** Elixir Chancery Building, 1st, 2nd and 4th Floor, 135, Residency Road, Shanthala Nagar, **BENGALURU-560025**
5. Editor's Name	:	**Ms. SEENA MENON**
Nationality	:	Indian
Address	:	**Metropolitan Media Company Limited** No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, **BENGALURU - 560011**
6. Names & Addresses of Individuals who own the newspaper and Partners or share-holders holding more than one percent, of the total capital, as on 29.02.2024	:	**Bennett Coleman & Co. Ltd.** The Times of India Building Dr. D.N Road, Fort **MUMBAI – 400 001** **M/s. Times Internet Limited** The Times Internet Ecstasy IT Park Plot 391, Udyog Vihar Phase 3, **GURUGRAM HARYANA -122016**

I, R. J. PRAKASHAN, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
R. J. PRAKASHAN
Publisher

Date: 03.03.2024

3 THINGS TO DO

01 Musical saga

Paolo Fresu, the acclaimed Italian trumpeter, and Rita Marotulli, the gifted pianist, are set to enchant audiences with their extraordinary talent and passion for music. With their unique blend of classical, jazz, and world music influences, they promise to deliver a performance that will leave you spellbound. **When- March 3; Where- Prestige Srihari Khoday Centre for Performing Arts**

02 Colours and more

Immerse yourself in the joyous spirit of Holi as you groove to the beats of top DJs and live performers. Indulge in delicious traditional delicacies and refreshing drinks as you mingle with fellow revellers. This star-studded event promises to be the ultimate Holi celebration, with special appearances by your favourite celebrities. **When- March 22; Where- Manpho Spectrum**

03 Movie under the stars

Experience the magic of cinema under the stars at the SCC Open Air Cinema: Date Night event! Treat your loved one to a romantic evening filled with classic movies, cozy blankets, and delicious snacks. Escape the ordinary and immerse yourself in the enchanting atmosphere of our open-air cinema. Snuggle up with your partner as you enjoy timeless films projected onto a large screen against the backdrop of the night sky.
When- March 16; Where- SSC Open Air Cinema

45 YEARS OF EXCELLENCE

Narayana Conquers

JEE Main 2024 (Session-1)

6 Students Score **300/300**

8 Students Score Overall **100** Percentile

Highest number of perfect scorers & 100 percentile achievers from a single institution

21 students score more than 290/300

KARNATAKA STATE TOPPER

Scan QR Code
For Students' Testimonials

AMOGH AGRAWAL
App No. 240310198608

Trust Narayana to fulfil your IIT JEE dreams, as **#YourDreamsAreOurDreams**

ADMISSIONS OPEN FOR ALL COURSES (SESSION 2024-25)

JEE (MAIN+ADV.) I JEE (MAIN) I NEET (UG) I BOARDS

SRAMAYEVA JAYATHE

NARAYANA EDUCATIONAL INSTITUTIONS

Narayana Schools, Colleges & Coaching Centers @ Karnataka

SCHOOLS : • TUMKUR- Ph : 7349738575. • MANGALURU - Ph : 7349738564. • ADUR - Ph : 7349738563 • BALLARI - Ph : 7022037234 • ELECTRONIC CITY (PHASE-II) - Ph: 7022037240 • MATHIKERE - Ph : 7022293870 • KAGGADASAPURA - Ph: 7022293844 • CHANDAPURA - Ph : 70220 37238 • BELLANDUR - Ph : 70222 93908 • ELECTRONIC CITY (Garebhavipalya) - Ph : 9620861401 • HSR LAYOUT (HARLUR ROAD) - Ph : 7022293992 • JP NAGAR - Ph : 7022293914 • KORAMANGALA - Ph: 7022294007 • MARAGONDANAHALLI - Ph: 7022293861 • MARATHAHALLI - Ph : 7022293890 • MANDUR - Ph : 7022970085. • KALYAN NAGAR - Ph : 7022293902 • RK LAYOUT (YELACHENAHALLI) - Ph : 7022293884 • BANNERGHATTA RD (HULIMAVU) - Ph : 70222 93937 • KASTURI NAGAR - Ph : 70222 93863 • WHITEFIELD - Ph: 70229 60894 • RAMAMURTHY NAGAR - Ph : 7022293867 • MALLASANDRA - Ph : 7899964836 • KR PURAM - Ph : 7022293859. • RT NAGAR - Ph : 7022294015 • SAHAKARA NAGAR - Ph : 9591716806 • VIDYARANYAPURA - Ph : 7022293943 • YELAHANKA - Ph : 9632183071 • HOSUR - Ph : 8438664529. • NANDINI LAYOUT - Ph : 7022293870 • NAGARBHAVI - Ph : 7022281466. • UTTARAHALLI - Ph : 7022192738. • MULBAGAL - Ph : 7022031250. • MYSURU - Ph : 7022662586 • GORAVIGERE - Ph : 70222 93933

COLLEGES: ELECTRONIC CITY (PHASE-2) - Ph : 7022293930 • TUMKUR - Ph : 7353308324 • MANGALORE - Ph: 7349738565 • NELAMANGALA - Ph: 7022294001 • KEMPAPURA DASARAHALLI - Ph : 7022294013 • SAHAKAR NAGAR - Ph: 7022293876 • VIDYARANYAPURA - Ph: 7022294002 • BANASHANKARI - Ph : 70222 93962/946. • NAGARABHAVI - Ph : 70222 93879. • BELLANDUR - Ph : 7022293948 • KASAVANAHALLI - Ph: 7022293858 • JP NAGAR - Ph : 7022293922 • MALASANDRA - Ph: 70220 01268 • HULIMAVU - Ph : 7022293930 • CHANDAPURA - Ph : 7349738574, • MARATHAHALLI - Ph : 70222 93955 • RAMURTHY NAGAR - Ph : 7022293849, • CV RAMAN NAGAR - Ph : 70222 93953 • KASTURI NAGAR - Ph: 70222 24095. • BALLARI - Ph : 7022293903. • KOLAR - Ph : 7022293962. • MULBAGAL - Ph : 7022293922 • MYSURU - Ph : 7022662586 • BYRATI - Ph: 7022293850. • CHEEMASANDRA - Ph: 7022001271 • BANDAPURA - Ph: 9590459920. • GORAVIGERE - Ph: 7022293876.

Coaching Centers :
BANSWADI - Ph : 7022043638
BELGAUM - Ph: 6366565629
HUBLI - Ph : 7022043639
JAYANAGAR - Ph : 9606980314
MANGLORE - Ph : 7022037236
MYSORE - Ph : 7022043646
RAJAJINAGAR - Ph : 9606980312
WHITE FIELD - Ph : 7022043647

Disclaimer: Any inadvertent error published in this advertisement could be brought to our notice

Massive polio immunisation drive targets 62 lakh kids

Over 1 lakh vaccinators mobilised for statewide campaign to sustain polio-free status

| Sridhar Vivan
sridhar.vivan
@timesgroup.com
TWEETS @sridharvMirror

One of the largest health outreach initiatives to date will involve visiting a staggering 62,85,880 children aged five and below, and administering pulse polio drops across the state. To achieve this goal, 1,11,370 vaccinators, along with 33,712 booths, 963 mobile teams, 2,073 transit teams, and 7,206 supervisors have been deployed.

"India has been a polio-free country for the past 12 years, but even after this great achievement, there is still a risk of the wild polio virus spreading worldwide and affecting children. Neighbouring countries reporting polio cases pose the risk of importation. To maintain India's polio-free status and based on the expert opinion of the India Expert Advisory Group (IEAG) and the Ministry of Health and Family Welfare, the Government of India has instructed to conduct National Immunisation Day (Pulse Polio) on 3 March 2024, covering children of age group 0-5 yrs," explained the official.

In this phase of polio elimination, the deciding factor is preparing better IEC activities and good supervision. "The Polio virus is of 3 stereotypes— Type 1, Type 2, and Type 3. Type 2 has been eradicated from the world and no cases have been reported since 1999, officially, Type 3 has also been eradicated with no reported cases worldwide since October 2019. However, all cases occurring across the world are due to Type I only at present. India's last case of wild Polio Virus was on January 13, 2011, in West Bengal's Howrah district. No Polio cases have been reported in India since then. However, there are reports of the reemergence of polio cases in the United States and other parts of the world, which is concerning," elaborated the official.

Under the Routine Immunisation Programme, every child is given 5 doses of OPV (Oral Polio Vaccine) and 3 doses of IPV (inactivated injectable polio vaccine), and the Government of Karnataka is committed to ensuring that no child misses these doses. "Like every year, on 3 March 2024, two drops of polio vaccine will be given in one round of the Pulse Polio programme, targeting approximately 62 lakh children," said an official, adding that special focus will be given to immunising children living in villages, hilly areas, brick kilns, slums, migrant areas, farmhouses, and urban slums.

> **"India's last case of wild Polio Virus was on January 13, 2011, in West Bengal's Howrah district**
>
> – an official

Booths will also be set up in railway stations, metro stations, airports, and seaports. "Even if your child has received any number of doses of OPV before, it is very essential to immunise your child again during this round. The polio vaccine is completely safe. Do not believe in any false rumours. Let the victory over polio continue with two drops of life. For more information, please contact the nearest health centre or reach out to our health workers. To locate your nearest Polio booth, download the Android Application 'Nearby vaccination centre Karnataka,'" added the official.

BBMP to outsource ABC-ARV work, microchipping dogs initiative

BBMP's initiative aims to enhance animal welfare through outsourced programmes and improved manpower

| Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMirror

Addressing the issue of manpower, the Bruhat Bangalore Mahanagara Palike (BBMP) is planning to outsource its ABC-ARV work and microchipping of dogs. The agency will be required to complete at least 250 ABCs per month. This year, BBMP's animal husbandry department hopes to see fewer incidents of conflict between stray animals and humans. The department is gearing up to acquire more trained and qualified staff to accelerate its ABC-ARV efforts.

BBMP has issued a tender for implementing animal birth control, mass dog vaccination, ARV, and combined vaccine, as well as microchipping of dogs for all 8 zones of Bengaluru. The agency selected will provide services for a contract period of 12 months, with the possibility of extension based on performance. The tender is open to all organisations recognised by the Animal Welfare Board of India (AWBI).

BBMP expects the outsourcing agency to provide a qualified, registered veterinary practitioner with proven skills in ABC surgeries, veterinary assistants/para-vets, supervisors, a driver, and a vehicle with GPS, along with a data entry operator, 2 cleaning staff, and 4 stray dog catchers for the ABC work. Additionally, for microchipping and mass dog vaccination, BBMP will require dog stray catchers, a qualified, registered veterinary practitioner skilled in ABC surgeries, a driver and vehicle with GPS, and a data entry operator.

BBMP will pay a sum per stray dog for conducting ABC and surgery, implementing vaccination drives, and microchipping of dogs. The agency will be expected to carry out up to 250 ABCs per month. BBMP will establish standard operating procedures to be followed by the agency for ABC, vaccination, and microchipping work. All work will be documented and uploaded to a digital database using a mobile application. Additionally, the agency will be responsible for handling rabies cases within BBMP limits received through the helpline (+91 6364893322) and implementing the euthanasia protocol through veterinarians.

During the 3 days of post-operative care after ABC surgery, dogs should receive the required broad-spectrum antibiotics (long-acting penicillins, amoxicillin+salbactum), medicines, and nutritious food and water. Any negligence, including early release of dogs without permission or botched-up cases reported, will be taken seriously, with penalties imposed, and immediate treatment undertaken at a hospital with good facilities, completely at the cost of the service provider.

After sterilisation, immunisation, deworming, and post-operative care, dogs shall be returned to the place where they were caught. Both ears of the dog shall be clipped in a "V" shape at the tip for identification.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Incomplete road
Marathahalli

The condition of the Spice Garden layout road has remained undone for over five years, despite being a heavily traversed route by thousands of commuters daily.

Ignored intersection
Mahalakshmi Layout

The area near Shankar Mutt, located between Modi Hospital near the Basaveshwaranagar intersection, requires attention. Citizens hold traffic police accountable for this negligence, and it's time for pedestrians to take action.

No parking here
Mahalakshmi Layout

Customers of a nearby gym park their two-wheelers on the platform and main road, posing a challenge for pedestrians crossing below the Mahalakshmi Layout metro. Despite complaints to traffic personnel, no resolution has been achieved.

Addressing Health Risks and Prevention Strategies

How to tackle the obesity epidemic

By 2025, obesity rates are projected to surge by 45 percent in the developed world and a staggering 150 percent in the developing world. By 2030, diabetes cases are expected to spike by 150 percent in Asia alone. Moreover, the prevalence of NAFLD (Non-alcoholic fatty liver disease) is poised to reach epidemic proportions. Experts underscore the critical need for lifestyle modifications to curb obesity, which is closely associated with the rising incidence of fatty liver disease.

To manage and prevent fatty liver, experts advocate regular exercise, a balanced diet, weight reduction to maintain an ideal body weight, responsible alcohol consumption, avoiding drug-alcohol interactions, and maintaining optimal blood sugar and cholesterol/triglyceride levels. Describing the causes of fatty liver disease, a doctor explains, "Fatty liver disease is commonly observed in patients with metabolic syndrome, characterized by increased waist circumference, diabetes, and abnormal lipid profiles. Over time, these patients develop fat accumulation in the liver, leading to inflammation (Non-Alcoholic Steatohepatitis), which can progress to bridging fibrosis and cirrhosis. The cornerstone of fatty liver prevention lies in abstaining from alcohol, weight control, and regular exercise. Diabetic patients should diligently manage their condition, and routine liver function tests and ultrasounds are crucial for early detection and prevention of liver disease. Screening for Hepatitis and vaccination are proactive measures individuals should undertake."

Poor dietary habits, such as excessive consumption of junk food and sugary treats contribute to diabetes onset in young individuals

> **Fatty liver disease is seen in patients with metabolic syndrome, characterised by high waist circumference, diabetes, abnormal lipid profiles**
>
> –Doctor

Meanwhile, medical experts caution that obesity could contribute to sudden cardiac arrest (SCA), which differs from a heart attack. While a heart attack results from blood circulation blockage and presents with chest pain, SCA manifests as sudden loss of pulse and breathing. SCA can strike anyone, irrespective of age, ethnicity, gender, or physical fitness, particularly those with genetic predispositions, diabetes, high blood pressure, obesity, and smokers.

Contrary to popular belief, diabetes is increasingly afflicting the youth population. According to endocrinologists, sedentary lifestyles and poor dietary habits, characterized by excessive consumption of junk food and sugary treats, contribute to diabetes onset in young individuals. Genetic factors also play a role, with hereditary predisposition accounting for a significant percentage of cases. Notably, 10 to 20 percent of diabetes cases in youth are genetically linked (Type 1), while the majority (80 percent) stem from lifestyle factors (Type 2). Lifestyle interventions, such as daily physical activity and dietary adjustments, are crucial in preventing diabetes onset, particularly among genetically susceptible individuals. Encouragingly, follow-up care and psychological interventions help ensure effective self-management and reduce hospitalization costs among diabetic youth.

–Prakash VL

ADVERTORIAL

Obesity in India: A Mounting Public Health Crisis

Obesity is a rapidly escalating health epidemic in India.Currently, over 13.5 croreIndians are classified as obese, with projections indicating a continued upward trajectory if decisive actions are not taken. The rise of obesity in the country is fueled by a complex blend of factors, including a shift towards unhealthy processed foods, sedentary lifestyles, and genetic predispositions.

THE TOLL OF OBESITY

Obesity is a complex medical condition characterized by excessive accumulation of body fat. It puts individuals at significantly increased risk for several chronic diseases, including:

- **Type 2 Diabetes:** Excess weight disrupts the body's ability to regulate blood sugar.
- **Heart Disease:** Obesity raises blood pressure and cholesterol levels, leading to heart attacks and stroke.
- **Cancers:** Certain types of cancer, such as breast, colon, and endometrial cancer, are linked to obesity.
- **Osteoarthritis, disc and spine diseases:** Carrying extra weight strains joints, particularly weight-bearing joints like the knees, hips and spine.

Beyond these serious physical consequences, obesity can have profoundly negative psychological and social implications. Obese individuals often confront:

- **Stigma and Discrimination:** Weight-related discrimination persists in workplaces, schools, and social settings.
- **Depression and Anxiety:** The emotional burden of obesity can lead to mental health issues.
- **Reduced Quality of Life:** Physical limitations and societal stigma can negatively impact overall well-being.

Bariatric Surgery: A Viable Solution

For people with severe obesity, bariatric surgery can be a life-altering intervention. These procedures reduce the size of the stomach or alter the digestive system, leading to weight loss and significant improvement in obesity-related health conditions. Modern bariatric surgery is safe and effective, with a proven track record of success.

INCREASING INSURANCE COVERAGE IN BARIATRIC SURGERY:

The good news is that health insurance coverage in India is increasingly recognizing the medical necessity of bariatric surgery.

HOW DOES BARIATRIC SURGERY WORK?

Bariatric surgery combats diseases and cancers linked to obesity through several mechanisms:

1. **Weight Loss:** The primary benefit is significant and sustained weight loss, lowering strain on organs and reducing chronic inflammation, a contributor to several diseases.
2. **Hormonal Changes:** Bariatric procedures alter gut hormones, regulating blood sugar and potentially impacting cancer cell growth.
3. **Reduced Gut Exposure:** By altering the digestive system, these surgeries limit exposure of food components to the intestines, potentially reducing cancer risk in certain organs.

Research suggests that bariatric surgery improves life expectancy by several years for individuals with severe obesity, offering a longer and healthier life.

This increased coverage provides financial support and accessibility to this life-changing treatment option.

IRDAI has included bariatric or weight loss surgery under health insurance coverage since October 1, 2019. This move aims to provide relief to individuals suffering from morbid obesity and offer access to treatment that was previously not covered by many insurance firms.

THE NEED FOR ACTION

The growing obesity epidemic in India demands urgent attention. A multifaceted approach addressing diet, physical activity, public awareness, and access to treatment is crucial. Embracing bariatric surgery as a safe and effective therapeutic option, supported by expanded insurance coverage, holds promise in ameliorating the profound toll of obesity on individuals and communities alike.

Dr Pranav Honnavara Srinivasan
Consultant Gastrointestinal Surgery, Gastrointestinal Oncology and Bariatric Surgery
Sparsh Hospital – RR Nagar, Bengaluru

Disclaimer: *It is essential to consult a qualified healthcare professional for personalized guidance on obesity management and bariatric surgery options.*

For Appointments Call: 080 61 222 000

THE SECURITY DILEMMA

Mid-sized to budget eateries all for raising security, but such measures may prove too expensive, they worry

KAUSHIK JN

When BM visited the city railway station and Majestic bus stand on Saturday, it seemed to be like business as usual with not much stress on security checks

Chief Minister Siddaramaiah visited the Rameshwaram Cafe on Sunday

CCTV visuals of the man, who is suspected to have been behind the blast

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The recent blast at the Rameshwaram Cafe has left hoteliers in the city grappling with a dilemma. Observers note that eateries, particularly mid-sized or budget establishments, are vulnerable targets due to their perceived lack of stringent security measures. As Benglauru has hundreds of fast food joints, it would be challenging to provide security at all.

Expressing concern over the potential impact on business, a hotel owner on condition of anonymity said, "As compared to well-known five-star hotels, security protocols at smaller joints is a stark contrast. High-end hotels invest significantly in security infrastructure, employing measures such as metal detectors and baggage screening. However, for many budget hotels in Bengaluru, including restaurants like Rameshwaram Cafe, the open-layout concept is integral to the dining experience, allowing customers to freely enter and choose seating."

According to the hotelier implementing stringent security measures would disrupt the open ambiance that defines these establishments. "The absence of security personnel and screening equipment further complicates the situation. Introducing such security measures would inevitably drive up operational costs. These additional expenses would trickle down to the consumer, resulting in higher food prices. Given the current economic climate and dwindling foot falls, any further increase in prices could deter potential customers," they said.

SOP in action

However, the Bruhat Bengaluru Hotels Association announced on Saturday its intention to develop a comprehensive plan aimed at bolstering security measures across all eateries. The association will convene a meeting with police officials, hotel owners, and other stakeholders to deliberate on the implementation of Standard Operating Procedures (SOPs) designed to enhance surveillance within hotels. Discussions will also focus on establishing guidelines for appropriate conduct within hotels, reviewing existing SOPs, and strengthening security protocols to prevent similar incidents. Measures to implement an upgraded security system and adopt a zero-tolerance policy towards individuals deemed "suspicious" or found "loitering" at restaurants would be adopted.

Association President PC Rao said, "While efforts are underway to reinforce security measures and ensure public safety, we await the formal report from the police department to ascertain the circumstances surrounding the blast. Once the investigation concludes, we will address the matter and formulate a detailed strategy. Given the history of incidents occurring in public places, it is imperative to understand and analyse the specifics of the incident in order to implement preventive measures effectively. Rather than assigning blame to the police or the government, it is incumbent upon us, as responsible citizens, to take proactive steps to safeguard our establishments."

BUSINESS RIVALRY BEING PROBED

Though Rameshwaram Cafe co-founder and MD Divya Raghavendra Rao claimed that she didn't believe there was any business rivalry angle to the blast, the police are conducting a thorough investigation to uncover all possible motives. Home Minister G Parameshwara said on Saturday that potential factors such as business rivalry are being explored too. Parameshwara emphasized that those responsible will face consequences without exception. "We are conducting a comprehensive investigation, gathering additional evidence to determine whether personal motives were behind the incident. Given the successful expansion of the hotel group with several branches, rivalry cannot be discounted. The investigation is examining all possible angles, and it's premature to attribute the blast to any organisation."

> **Such security measures would raise operational cost. These additional expenses would trickle down to the consumer** –Hotelier

BLASTS FROM THE PAST

July 25, 2008: A series of bomb explosions caused by low-intensity devices, which claimed three lives and injured 20 others. The 2008 serial bomb blasts shook Bengaluru to its core, with detonations occurring successively at various locations, including Madiwala bus stand (1:20 pm), Nayandahalli (1:25 pm), Adugodi (1:40 pm), Koramangala (2:10 pm), Vittal Mallya Road (2:25 pm), Langford Road (2:35 pm), and Richmond Town (2:40 pm). Additionally, a bomb was discovered near Forum Mall, Koramangala, on July 26, 2008, and successfully defused by the Bomb Detection Squad. Reports suggest that gelatin sticks were employed in the explosives. Authorities stated that each bomb was equipped with timer mechanisms, with cell phones serving as detonators.

April 17, 2010: Two explosions occurred near Chinnaswamy Stadium during an IPL match, resulting in injuries to 15 individuals on

April 17, 2013: A bomb exploded near the BJP office in Malleswaram, injuring 16 people.

December 28, 2014: A bomb blast near Church Street left four individuals injured.

December 28, 2005: A terrorist opened fire at the Indian Institute of Science, resulting in the death of Prof. Munish Chandra Puri from IIT Delhi and injuries to four others.

Similarity with Mangaluru blasts?

Karnataka has experienced several low-intensity bomb blasts recently, forcing the police to investigate any potential connections. Deputy Chief Minister DK Shivakumar suggested that the police are exploring potential similarities between these incidents, although Chief Minister Siddaramaiah denied any such link.

Shivakumar stated on Saturday that the blast at Rameshwaram Cafe might be linked to a previous cooker explosion in Mangaluru in 2022. He said, "The police are thoroughly examining all angles of the case, ensuring a fair investigation. There appears to be a correlation between the incidents in Mangaluru and here," Shivakumar remarked, pointing to similarities in the materials used for the explosions, such as timers. Police officials from Mangaluru and Shivamogga have joined the investigation, exploring every possible lead. In Mangaluru, an improvised explosive device (IED) concealed inside a pressure cooker accidentally detonated in November 2022 while being transported in an auto-rickshaw.

AFTERMATH

Still on the lookout

Though no arrests have been made yet, CCTV footage of a suspect is circulating. Investigation has been transferred to the City Crime Branch (CCB), as confirmed by the Bengaluru Police Commissioner on Saturday. Despite multiple CCTV footages, no arrests have been made yet.

Cash payment

According to sources, the CCTV footage captured the suspect making a payment at the cash counter without using any card or UPI. He was also seen placing a phone on the table and appearing to take a call while masked. He remained partially masked even while eating. The suspect's apparent expertise and strategic planning in evading detection suggest a high level of training.

4 detained

At least four individuals have been detained for questioning by Bengaluru police. Investigators from the crime branch are questioning the individuals, apprehended from Dharwad, Hubballi, and Bengaluru. Additionally, the CCB, now leading the investigation, is exploring potential connections to the dark web. "Authorities are also examining possible links between this incident and a pressure cooker explosion in Mangaluru in November 2022. As of now, no arrests have been made in the case," said the police.

Heightened security

Siddaramaiah also convened a meeting with senior police officials to address the incident. During the meeting, numerous ministers and top-ranking authorities provided updates to the CM regarding the ongoing interrogation and investigation progress.

Medical update

Chief Minister Siddaramaiah on Saturday visited those injured in the blast admitted to hospitals and assured them that the government would cover their medical expenses. "The patients are recovering and responding very well to the treatment," Siddaramaiah told reporters. The chief minister also visited the site of the explosion. Dr. Pradeep Kumar, the Medical Director of Brookfield Hospital, said, "We are happy with the overall response of all three patients admitted to our hospital. A patient in the ICU has had a post-operative turbulent period. Her overall condition is fine and showing signs of improvement. Other patients will be discharged in another 24-48 hours."

Eye-witness account

A person recounted the harrowing incident to BM. "It was like any other day. I went out to eat with my family, and we ordered food. Suddenly there was a loud blast, and it felt like I couldn't see or feel anything. Later we were taken to the hospital in an auto where I realised what had happened. There were so many people at the cafe that one couldn't have thought that there would be a blast," he told BM.

THE SUNDAY READ

Wood guzzlers

Around 2,04,442 hectares of forest land encroached upon as of March 2014; eviction done on 27,667 hectares so far

Dept drags its feet in encroachment removals, has been able to only clear out 13% of total intrusions

| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Over the last 10 years, the Karnataka Forest Department (KFD) has been able to remove encroachments from just over 27,000 hectares of forest land.

According to the department's latest encroachment eviction report, while 2,04,442.16 hectares of forest land under 1,10,626 cases were under encroachment (as of March 2014), eviction on just 27,667 hectares was performed between 2014 and now. This forms 13% of the total encroached forest land.

In Bengaluru, while the total encroached land was 15,046.77 hectares, eviction took place on 3,806.31 hectares over the last 10 years.

Conservationists and wildlife activists have raised concerns regarding the large number of encroachments and slow rate of evictions.

"As per the Karnataka Forest Act and the Forest (Conservation) Act, no fresh encroachments should happen. In case there are any, evictions must happen immediately and failure to do so would lead to disciplinary actions against concerned CCFs and DCFs of the divisions for dereliction of duty. However, none of these rules and guidelines is being followed. While fresh encroachments are taking place regularly, promotions and plum postings are also frequent. For instance, there are officials in Canara Circle posted for more than a decade," said a city-based wildlife conservationist.

Experts also highlight the lack of data on extent of encroachment in the state post-2014. Interestingly, while the department gives out details on the number of encroachment cases, information regarding the extent of encroachment has been intermittent.

"Extent of encroachment is not mentioned even in the department's annual reports. While in many encroachment cases, officials have initiated actions, cases rarely meet their logical end. These encroachments are also taking place in tiger reserves and agencies such as NTCA prefer to look the other way," said an activist.

New proposal for speedy disposal of cases

In December last year, KFD came up with a proposal to ensure speedy disposal of forest land encroachment cases. The Principal Chief Conservator of Forests and Head of Forest Force had informed Bangalore Mirror that the proposal involved the appointment of a team of retired officials of KFD. This team would then not only file forest encroachment cases but would also take them to a logical end in an expeditious manner.

> **While fresh forest encroachments are taking place regularly, promotions and plum postings for officials are also frequent**
>
> –Wildlife conservationist

The proposal was tabled to the state government and it received approval a month ago. It also included the appointment of two special officers in every forest division, taking the total team strength to 80.

"The proposal was given a green signal by the state government and the process to constitute the committee has begun. However, appointments are yet to happen," informed Dikshit.

Currently, forest encroachment cases are being handled by the Assistant Conservator of Forest (ACFs). As per the official data, 992 cases of fresh forest encroachment were registered between April 2022 and March 2023; overall, as many as 44,608 encroachment cases are still pending across Karnataka.

In December last year, the Ministry of Environment Forest and Climate Change (MoEF&CC) highlighted in a report that Karnataka has the second-highest amount of forest area illegally occupied across India. As per MoEF&CC, more than 76,000 hectares of forest land in Karnataka was currently under encroachment.

The department had then clarified that the number highlighted by the Ministry might not be up-to-date as encroachment figure is dynamic since the areas being cleared are not added and deleted on a day-to-day basis.

Govt to takeover pvt water tankers in city: Deputy CM

Karnataka Deputy Chief Minister DK Shivakumar on Saturday announced that the private water tankers in Bengaluru would be taken over by the State government in view of severe water shortage.

Speaking to reporters at his Sadashivanagar residence here, he said, "There is a massive water shortage of water in Bengaluru. The officials of the BWSSB (Bangalore Water Supply and Sewerage Board) and BBMP (Bruhat Bengaluru Mahanagara Palike) are holding meetings on a daily basis to overcome the issue."

"We have instructed all the water tankers in Bengaluru to register before March 7 as water suppliers are fleecing customers. We have called for a meeting on Monday 12 pm to discuss tackling drinking water issue in Bengaluru. A grant of Rs 10 crore has been given to each Assembly constituency to address drinking water issues," he added. **–PTI**

ಎಕ್ಸಲಂಟ್ ಕೋಚಿಂಗ್ ಕ್ಲಾಸಿಸ್
ಆಶ್ರಮ ರೋಡ, ಆದರ್ಶ ನಗರ, ವಿಜಯಪುರ
8618837740, 7483860673, 9739736061, 7996351485
ರಜತಗಿರಿ 1ನೇ ಅಡ್ಡರಸ್ತೆ, ಕಾಳಿದಾಸ ಹಾಸ್ಟೆಲ್, ಕಲಘಟಗಿ ರೋಡ್, ಧಾರವಾಡ
9035224486, 9538001300, 7204387117, 9538677021
SUMMER VACATION-2024
(Eng & Kan Med) Admissions Started for
IV&V Maths, English, Intelligence (IQ) & GK
S.S.L.C & VI to IX (Mathematics, Science & English Grammar)
Classes Start from : 02.04.2024
2022-23 Result
Sainik -201, Kittur -166, Navodaya School -87, Alike & Muddenahalli -22
SSLC Above 95% (123 Students) Above 90% (138 Students) Above 80% (154 Students)
Separate Hostel Facility Available For Boys & Girls

F. No. BAN/LANDS/113/E-AUC/AF/I

DEFENCE ESTATES OFFICE

Karnataka Circle, K. Kamaraj Road, Bangalore-560 042. Ph.: 080-25367213

E-AUCTION NOTICE

The intending bidders are invited to participate the E-Auction for cutting and removal of 32 nos. of different trees at **HQ AFSOD in Bangalore** will be conducted through E-Auction portal **(www.eauction.gov.in)** on **14.03.2024** between **1200 hours on 1700 hours**.

The intending bidders are requested to visit the above-mentioned E-Auction website and follow the instructions for creating / registering profile for bidding. Terms and conditions of the sale are available in the Public Auction Notice. The participants may download the same from the website mentioned above and submit a Demand Draft / Banker's Cheque for **Rs. 20,000/-** (Rupees twenty thousand only) in favours of **Defence Estates Officer, Karnataka Circle, Bangalore** as Earnest Money Deposit to this office for participating the auction on or before **11.03.2024 by 1730 hours**, failing which they will not be allowed to participate in the auction, Bid auto extension will be 10 mintues.

Sd/- Defence Estates Officer
Karnataka Circle, Bangalore

BAN/LANDS/113/E-AUC/III
Station: Bangalore
Dated: 29 Feb., 2024

mybangaloremirror@timesgroup.com
facebook.com/bangaloremirror
@BangaloreMirror

BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

ALL TOGETHER

Two spot-billed pelicans landing at Kukkarahalli Lake, Mysuru to join their family on a cool morning.

The picture was clicked by reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Over 12 new parks planned for the city

BBMP allocates ₹25 crore for park development, focuses on enhancing urban green spaces in the green city

| Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMirror

This year, Bengaluru will see more parks in the outer zones of the city. Bruhat Bangalore Mahanagara Palike (BBMP) is planning to open 10-12 new parks in different parts of the city. Residents of the city always complain of fewer green spaces within urban spaces. Taking heed of that, BBMP has hatched a Rs 25 crore project for park development in Bengaluru.

BBMP's horticulture department has planned the construction of new parks in the outer zones of Bengaluru and the maintenance of existing parks in central areas. The horticulture department has floated a tender for the development of new parks.

"We are planning for new parks within the BBMP limits. We are planning 10-12 new parks in the outer zones of Bengaluru like Dasarahalli, Mahadevapura, Yelahanka, and Bommanahalli and are planning the repair, and maintenance of 10-12 parks within the central areas. Many of the existing parks are in terrible shape. We will plan for landscaping and planting of trees in the first stage and additional facilities and amenities will be decided later," said a senior BBMP official.

BBMP's grand plan has been envisioned with a budget of Rs 25 crore. As per the new budget, new layouts constructed by the Bangalore Development Authority (BDA) and Karnataka Industrial Areas Development Board (KIADB) in the outer zones of the corporation will be taken over by the revenue department of BBMP. In such areas, parks will be developed and a sum of Rs 30 crore has been allocated.

Currently, BBMP has 1,270 parks covering 3,918,345 sqm of land area. There are also 12 musical fountains under their ambit. On an estimate, there are 14 lakh trees, with around one tree for 7 people. Recently, BBMP also started an online park monitoring system which takes a tally of parks being monitored by officials daily, issues flags, and complaints raised on Sahaya. Additionally, BBMP would also constitute a system where Residents' Welfare Associations within a 2 km radius will be given the responsibility to keep watch over the respective park.

BBMP is also in the process of developing a community involvement for park conservation policy where stakeholders will be able to contribute facilities within BBMP-owned parks. To conserve groundwater as a new measure, BBMP will mandatorily use treated water for BBMP parks and develop 1,000 borewell recharge pits in parks.

A BBMP-owned park in Sadashivanagar

DID YOU KNOW?

Bengaluru's old airport boasted a singular distinction— it accommodated both commercial and military flights on the same runway, a phenomenon unparalleled elsewhere. With the relocation of commercial operations to the Kempegowda International Airport, the old HAL airport now serves as a hub for military activities, testing of aircraft, and facilitating smaller chartered flights for VIPs, underscoring its unique legacy in the aviation realm.

GET HEARD WITH MIRROR

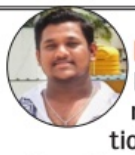
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

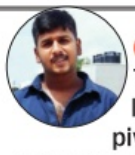
where Bengalureans speak their mind

In your opinion, how does Bangalore's diverse cultural scene enhance its status as the best city?



Bharath R, BM Reader
Bengaluru's cultural tapestry is a rich blend of tradition and innovation, making it a captivating hub of diversity. The city pulsates with the rhythm of celebrations, from the grandeur of the festivasl to the beats of its modern culture.

Vandana R, BM Reader
Bengaluru's allure as the best city lies in its ability to encapsulate the essence of India's cultural diversity. It serves as a melting pot where individuals from different, castes, languages, and regions converge to forge their livelihoods.



Chandan G, BM Reader
The evolution of Bengaluru into India's Silicon Valley has been pivotal in solidifying its status as the preeminent city. The city's flourishing tech ecosystem, marked by IT parks and innovation hubs, fosters an environment ripe.

Lohith, BM Reader
Bengaluru's ascent as a leader in technology-driven solutions, such as smart traffic management and digital payment systems, elevates the quality of urban living.

Amruth, BM Reader
The linguistic diversity prevalent in Bengaluru epitomises its rich cultural tapestry. With people from various corners of India and the world calling the city home, Bengaluru has become a vibrant mosaic of traditions and flavours.

Lavanya, BM Reader
Bengaluru's cultural scene is further enriched by its array of cultural institutions, such as the Government Museum, Science Gallery, and NGMA. They serve as custodians of the city's heritage, and promoting its rich legacy.

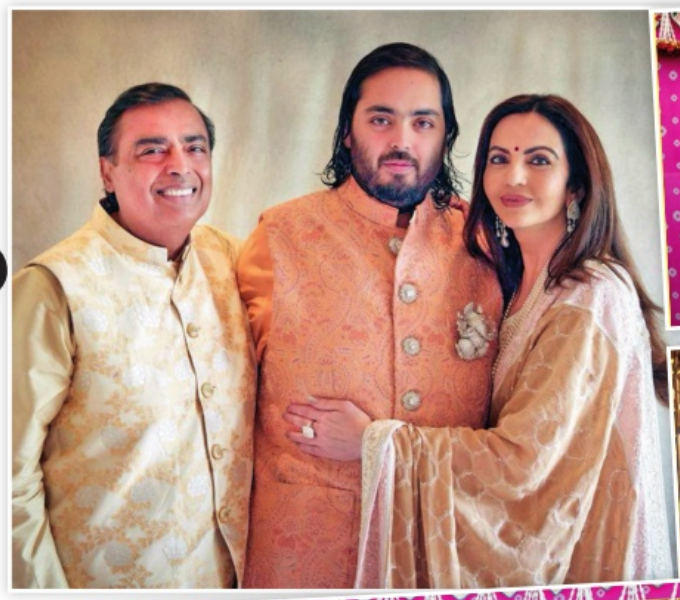
SPEAK TO US

What's your preferred weekend getaway destination from Bengaluru, and why?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

A party like no other?

Star-studded 3-day prenuptial bash for Anant Ambani



What happens when the son of Asia's richest man is about to get married?

His father throws a three-day prenuptial bash four months before the actual ceremony.

Tycoons from around the world, heads of state, as well as Hollywood and Bollywood stars descended on the small western Indian city of Jamnagar on Friday where billionaire industrialist Mukesh Ambani is kickstarting a big fat wedding celebration for his youngest son.

The nearly 1,200-person guest list includes pop superstar Rihanna, Bill Gates, Mark Zuckerberg, Sunder Picha, Ivanka Trump and Bollywood celebrity Shah Rukh Khan.

All eyes are on Anant Ambani, 28, and his long-time girlfriend Radhika Merchant, 29, who will tie the knot in July. Radhika is the daughter of Viren Merchant, CEO of Encore Healthcare Pvt. Ltd., and entrepreneur Shaila Merchant.

Such festivities keep up with the Ambani family's tradition of lavish and over-the-top parties while displaying the Indian billionaire's economic and political clout

Here is everything you need to know about the family and the prenuptial bash that captivated the country. Mukesh Ambani, 66, is currently the world's 10th richest man with a net worth of $115bn, according to Forbes. He is also the richest person in Asia.

The three-day pre-wedding bash offers a glimpse of the opulence expected at the July wedding.

The Ambanis are celebrating it at the family's hometown of Jamnagar — a city of around 600,000 in a near-desert part of Gujarat state — where they also have the business' main oil refinery. Guests will don jungle-themed outfits to visit an animal rescue center run by the groom-to-be, Anant. Known as "Vantara," or "Star Of The Forest," the 3,000-acre (about 1,200-hectare) center houses abused, injured and endangered animals, particularly elephants. The invitation also says guests will start each day with a new dress code, with mood boards and an army of hair stylists, makeup artists and Indian wear designers at their hotel to help them prepare.

The guests, many arriving by chartered planes, will be served 500 dishes created by around 100 chefs. —AP

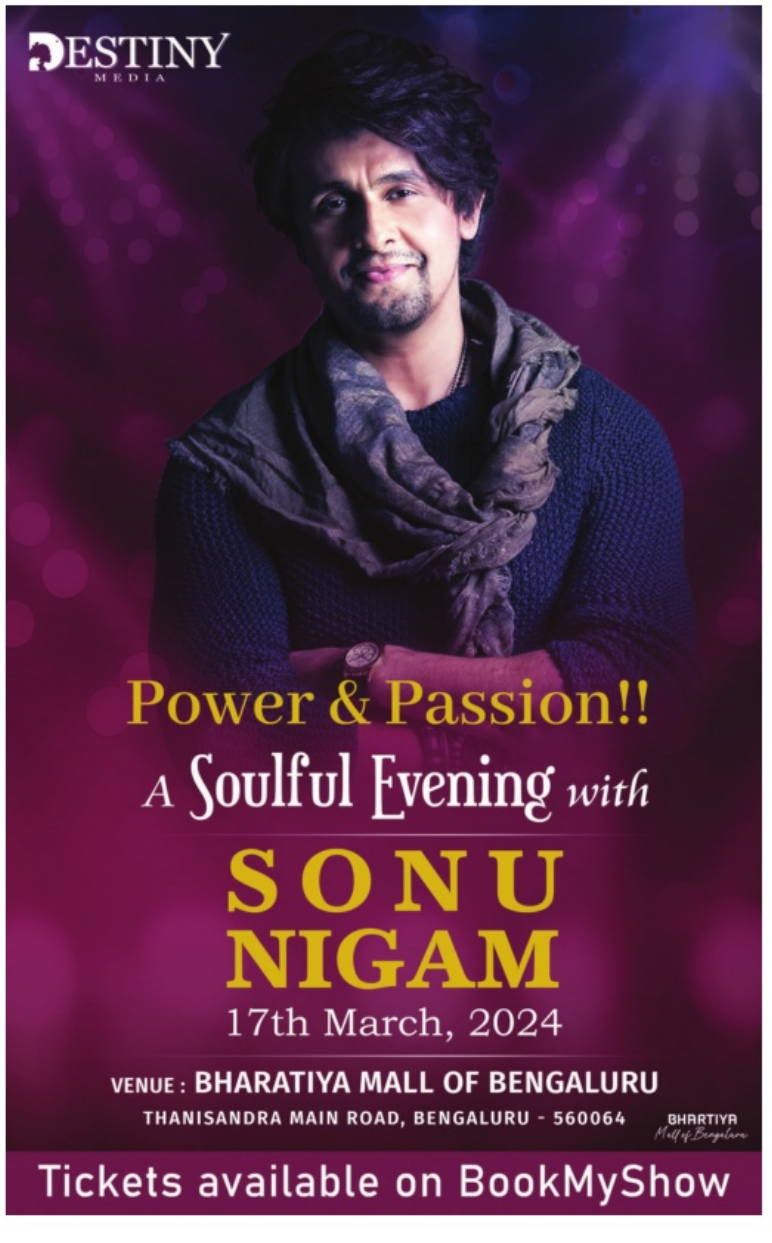
Ri rocks

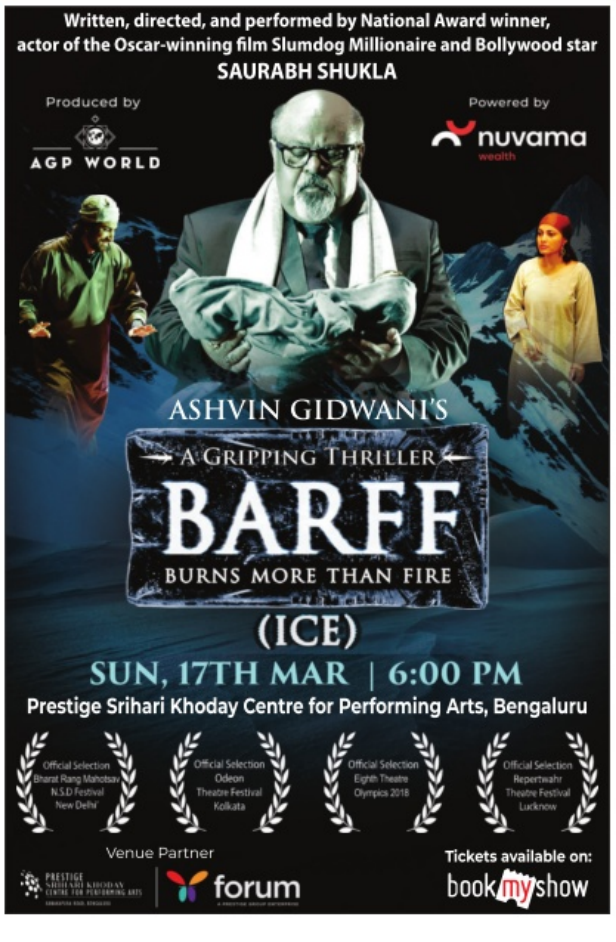
In her first performance in India, pop star Rihanna set the stage on fire at the day one of the lavish pre-wedding event of billionaire Mukesh Ambani's son Anant and his fiancee Radhika Merchant.

The international music sensation, who belted out hit songs such as "Diamonds", "Where Have You Been", "Rude Boy" and "Pour it Up", had Indian film celebrities like Shah Rukh Khan-Gauri Khan, Ranveer Singh-Deepika Padukone, Shreya Ghoshal and Shiamak Davar grooving to her tunes.

Dressed in a shimmering body-hugging fluorescent green and pink outfit, Rihanna put up her best moves and also interacted with the audience at the grand event, which is being held over three days at a residential township situated close to Reliance Industries Ltd (RIL)'s petroleum refinery near Jamnagar city.

The 38-year-old singer-songwriter thanked the Ambanis for making her a part of the family affair. "Thanks to the Ambani family I'm here tonight in honour of Anant and Radhika. Thank you for having me here. God bless your union. I wish you the best. Congratulations," she said. As the prelude of her song "We Found Love" played, Rihanna asked the audience members if they believed in love. "Make some noise for love right now. Send some extra love to the bride. It's my honour to be here and I want you to put your hands together like this," she said.— **Agencies**




Written, directed, and performed by National Award winner,
actor of the Oscar-winning film Slumdog Millionaire and Bollywood star
SAURABH SHUKLA
Produced by
AGP WORLD
Powered by
nuvama wealth
ASHVIN GIDWANI'S
A GRIPPING THRILLER
BARFF
BURNS MORE THAN FIRE
(ICE)
SUN, 17TH MAR | 6:00 PM
Prestige Srihari Khoday Centre for Performing Arts, Bengaluru
Official Selection Bharat Rang Mahotsav N.S.D Festival New Delhi
Official Selection Odeon Theatre Festival Kolkata
Official Selection Eighth Theatre Olympics 2018
Official Selection Repertwahr Theatre Festival Lucknow
Venue Partner
forum
Tickets available on:
bookmyshow

LANDOWNERS!
MAXIMIZE PROFITABILITY WITH DEVELOPMENT MANAGEMENT (DM)
A fast-emerging business model called DM minimizes risks & maximizes profitability.
Here is a golden opportunity for landowners with a clear title to tie up with Bengaluru's international award-winning developer on a DM (Development Management) basis. The developer has delivered over 4 million sft. across 18 projects in nearly two decades. DM Model allows the landowner to retain 100% of the land ownership, yet maximize profitability and minimize risks.
If you own a minimum of 1 acre of land for a residential project / minimum of 10,000 sft. of land for a commercial project in Bengaluru and are interested in the DM Model.
Please WhatsApp the details to +91 99000 22607

real estate

BANGALORE PROPERTIES

ANJANAPURA

BDA Site for Sale, Residential and Commercial JP Nagara, Anjanapura Kanakapura Main Road 30x40, 40x60, 50x80, 80% bank loan. Contact: 9916592400

BANASHANKARI

BDA Site for Sale, Residential and Commercial BSK 6th stage BSK 5th stage, Uttarahalli Rajarajeshwarinagar, ISRO layout 30x40, 40x60, 50x80, 80% bank loan, 9916592400

WANTED BDA SITES IN BANASHANKARI 6TH STAGE/ANJANAPURA IMMEDIATE SETTLEMENT . CT : 9535575774 / 9343668888.

100 Feet Rd, Near Kanakapura Main Road 5700 sft Commercial Site Banashankari 6th Stage 4th Block 50x80,WF 60" Road: Contact 9513332646/ 9902764626

BANGALORE - CENTRAL (GPO)

INVESTORS Requires BDA/ A-Katha sites/ lands/ flats/ houses, Arkavathy, Hebbal, HBR,Indirangr,Krmngla, Deva -nhalli,Hoskote. immed settle - ment "Spacelinks" 9845129934.

BANNERGHATTA ROAD

BDA Plot For Sale VIJAYA BANK LAYOUT SE CORNER 3010 sq Ft GENUINE BUYERS BROKERS EXCUSE CALL 9108069455

FOR SALE : 30*40 West Facing Independent Duplex 3BHK House at Ramanashree Layout, Bannerghatta Road. Price : 2 Cr Negotiable. Call : 9738973473.

PLOT FOR SALE /JD 14000 sqft

EAST FACING 60 feet road at Vijaya bank layout, opp to Bosch gate 7000/- per sqft call Kavin Realty 8892073323

DUPLEX Flat For Sale 2350 Sqft Semi Furnished 7th Floor N/F Bannerghatta Rd Bilekahalli, Aahika Apartment B'lore: 8867773333/ 9986699333

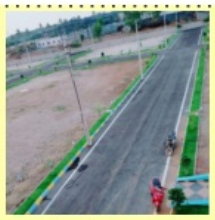
BASAVESHWARA NAGAR

PRIME-SITE for Sale 50'x65', 3rd Stage, 4th block Posh location near all amenities. Clear-titles. BDA allotment. Brokers Excuse. Call : 90195 40024.

BTM LAYOUT

2BHK Flat For Sale @ 35 Lacs Inclusive all Situated in Kodichikkanhalli BTM 4th Stage off B G Road Near Vega City Mall Call: 8105807101

DEVANAHALLI



E-KHATA &DC convertd sites for sale@Rs.2599/sqft before Devanahalli, near Hiranandani project. Upto 80% Bank loan. 7022160615

COMMERCIAL Converted 61410 sqft. Land for Rent exclusively off parking space & Park, with BIAAPA approved plan. Situated on Bangalore Hyderabad Highway(NH.7) Nr Devanahalli Call: 9916929394.

COMMERCIAL Property FOR SALE measuring 13341 sqft abetting NH 207 in Devanahalli. Price Rs.4000/sqft. +91 97410 07992

DOLLARS COLONY

LUXURIOUS & Spacious flat Sale Dollars colony behind Sterling Apts. RMV 2nd stage. flat 2BHK@65Lac & 3BHK @75 Lac limited offer Ct: 9538188399

FRAZER TOWN

READY TO Occupy, Luxurious 3 Bedroom Flats at Heart of the City Spencer Rd, Frazer Town. Starts from 3 Crores. HPR Constructions - 9740028299

GANGA NAGAR

3BHK House In Each Floor With 3 Floors Built On 2000 Sq.Ft At Ganganagar Is For Sale. Contact : 9880306788

GIRINAGAR

NEEDSRINI 2 & 3BHK luxury Flats with Induvial A Khata, Ready to Move with Multi Gym & Party Hall for SALE at Girinagar BSK 3rd Stage Prime location. Bank loan Available. Contact: 9845049889 / 9845458555

HENNUR

SALARPURIA Satva Gold Summit 3BHK 2350sqft Semi furnished Apartment with servant qtrs. 2 car parks. Rs. 8500/sqft. Citilines : 97399-44556

HSR LAYOUT

WANTED sites in HSR Layout any sector any facing good location 30x40, 40x60, 50x80 Genuine Seller Please Contact 9845004282/ 7760483611

HSR Sale Commercial 30x40 3Lac Monthly Rental Income, 40x60 7Lac Monthly Rental Inc, 50x80 12Lac Monthly Rental Income. 9945265049/ 9663371049

HSR Layout Sector-1 40X60 North Facing Site With 3BHK Built Duplex House For Sale Rs. 8Cr. Genuine Buyers Please Contact: 9611668004

HARALUR Road East Facing Site Reliable Tranquil 30X50 Good Location, BBMP A Katha. for Sale. Buyers Contact: 9845004282/ 7760483611

HSR 40x60 house 5 bedroom 5 bath room Nrth est 50x80 5 bed rm 5 bath rm home theater est Nrth 50x80 plt 40ft Rd 40x60 pt 40 ft Rd . Call: 99452 63249

BDA corner auction site for sale, suitable for commercial use about 4000 sqft, in Sector 6. Clear Title, first owner. Only buyers call 7483390625

JAKKUR

ARKAVATHI Layout 11th phase Behind Manyata Tech Park 40x60 Site East Facing BDA Approved for Sale Call: 63666 92009/ 91483 22909

SALE LUXURIOUS Row house Lake facing Off Thanisandra Main Road, 3650 sft 4 BHK, Ready Possession. Call:9845103066

JALAHALLI

JALAHALLI Abbigere 30x40 w/f SRS Lyt Rainbow School DD Sport BBMP Park Legaly aprvd 4 Bank Loan ready 2 built owner: 9916394744

JAYANAGAR

Pent House for Sale at Jayanagar 1st Block East 3 BHK duplex flat as per Vastu Contact 95384 72420 / 95388 28808

READY to Move 3BHK Flats For Sale in Jayanagar 3rd Block Near BHIMA Jewellers Genuine Buyers only Call: 9741868566

SALE 36x40 Jayanagar 9th Block With old House Excellent Location Close To Upcoming Metro Station Contact: 9066399102 / 9844134068

JP NAGAR

READY-TO-OCCUPY Last few 3 & 4 BHK Flats with all Amenities on 100ft Ring road,next to The Pump House.M:9986864000

KANAKAPURA ROAD

SALE independent duplex 3 BHK villa, gated community @ off kanakapura road 30x50 East facing, with wardrobe kitchent, fans, geysers, lights, grill work, car garage 1.35cr Negotiable Contact: Roopa: 8546948484

Clear titled industrial 4.24acres land attached to NH 209 for sale asking price 6.30Cr/ acre. Call : 8618987855

KASTURI NAGAR

5BHK Luxurious Architect Designed Bungalow FOR SALE.Prime location, Vastu compliant,7000 sqft built on 60x40 plot.Genuine buyers only. CONTACT:9880243846

KUMARA PARK

SALE 40*80 SITE

IN THE Finest Location Of Kumarapark, Prospective Buyers & Genuine Sellers Call "Niti Estates" 9900001973

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

JOB OPPORTUNITIES

WANTED FULL TIME

Law Officer
at Jayanagar Experience in criminal and property matters.

Chartered Accountant
CA Completed with 3-5 years experience. Knowledge of financial matters, preparing projections etc.

Accounts Officer
at Jayanagar and Bannerghatta Road, with experience and latest Tally

Apply by sending resume to:
headplacements157@gmail.com

GALLERIA

ಹಾಲಿಡೇ ಟೀಪಲ್ Since 2006
ನಾಗರಭಾವಿ ಬೆಂಗಳೂರು
ಐ ಎಸ್ ಓ 9001:2015 ಸರ್ಟಿಫೈಡ್ ಕಂಪನಿ
ಅಂಡಮಾನ್ ಗ್ರೂಪ್ ಟೂರ್, 4 ನೈಟ್ಸ್ 5 ಡೇಸ್
ಏಪ್ರಿಲ್ 11 ರಿಂದ 15ರ ವರೆಗೆ 2024, ರೂ.: 39,999
ದುಬೈ ಗ್ರೂಪ್ ಟೂರ್, 4 ನೈಟ್ಸ್ 5 ಡೇಸ್
ಮೇ 13 ರಿಂದ 17ರ ವರೆಗೆ 2024, ರೂ.: 92,000
ವೈಶ್ನೋದೇವಿ ಮತ್ತು ಅಮೃತ್ ಸರ್ (3 ನೈಟ್ಸ್ 4 ಡೇಸ್)
ಮೇ 3 ರಿಂದ 6ರ ವರೆಗೆ 2024, ರೂ.: 37,000
ಕರೆ ಮಾಡಿ
9916774623 /9035337978

‘Our voice curtailed more & more every day’

With his 2021 documentary on the farmers’ protest being dropped from this year’s Bangalore International Film Festival, Kannada filmmaker Kesari Haravoo on Saturday said that for the last two years, “our voice was being curtailed more and more with every passing day.”

“Kisan Satyagraha”, Haravoo’s documentary on the farmers’ protest against the erstwhile three farm laws, was dropped from this year’s Bangalore International Film Festival (BIFFES) after failing to get a clearance from the Information and Broadcasting ministry.

The 15th edition of the film festival was inaugurated on February 29 by Chief Minister Siddaramaiah.

Haravoo said he came to know about his film being dropped from the festival only when the schedule was released.

“My film is there in the catalogue released by the BIFFES 2024. But when I checked the schedule, I could not find it, so I called the artistic director of the festival, N Vidyashankar, who told me that the film did not get clearance from the ministry of information and broadcasting and had to be dropped at the last minute. I find that our voice is being curtailed with every passing day if we say anything against the establishment,” he said. –PTI

Your Connect

KUMARASWAMY LAYOUT

20X30 3BHK Duplex Kumarswamy Layout 2nd Stage Near 15F Bus Stop Rs. 1.71Cr Negotiable Ct: 9449722501/ 9620965007

FOR-RENT PG/ Workspace/ Company usage 6000 sqft, 3 Floors with 16 Rooms with all facilities Kumaraswamy layout Bangalore Contact- 9611786597.

NEW Building for sale 20X30 BDA site East facing door triplex house granite flooring fully furnished Ct: 9449647458 Kumaraswamy Layout.

MG ROAD & AROUND

CHANCE Property 2656 sft land with old house. Price: Rs. 5.90 Cr. Farid Consultants 8951665760/9880178659

MULTIPLE LOCATIONS

875 square feet (35×25) Commercial Property for Sale in Yeswanthpura. 9000 (Negotiable).
1200 Sqft (30x40) West Face, Site No.153, Conversation Site for Sale in Arasinakunte. Dasanapura, Price Rs.2500/- Per Sqft.
30x80 E Khata Site for Sale Near Kengeri. Ramasandra village. Contact : 9663345252/ 9019336681

SALE Bsk 6th stage 4th H Block 30x40 west Facing 95 lakh Also 40x60 Facing 6th Block 1.72 cr Negotiable all owners site 9945373839, 9620041313

SALE BDA Anjanapura 5th Block 30x40 south Facing 80lakh also 20x30 East facing 2nd Block 55 lakh contact 9620041313/ 9945373839

MYSORE ROAD

MYSORE ROAD Kumbalagodu Bangalore prime Industrial area 11600 sqft land area,16000 sqft Built up area with 150 HP power available for sale. Call :99451 56100.

NELMANGALA

BMRDA Plots at Nelamangala 5800sft, 3300sft, 2800sft, 1500sft 1200sft close to 300 ft Ring Road Rs.2000/- Per Sft: Call AMARS ASSETZ: 9480970555, 9164902747

20 Guntas Land for Sale in Gopalpura village Yelahanka (T), Hesaragatta (H) Bangalore. Suitable for Layout. Call: 9663345252/ 9019336681

NAGARBHAVI

Flats sale nr Nagarbhavi circle 2 & 3 BHK under construction 1km from metro station Contact 98450 66608 / 80507 50397

RAJAJI NAGAR

SALE 45*85 SITE

COMMERCIAL ON 80 Feet Road Rajajinagar Near Navrang Theater, Prospective Buyers Call "Niti Estates" 9900001973

PURVA BLUEBELLE Adjacent to Magadi Road Metro Station (Purple lane) Rajajinagar 3 Bedroom Jodi units 5 Bedroom+Servant room with all luxurious Amenities. Direct metro from here to ITPL (Whitefield) / KR PURAM / BYYAPPANAHALLI Very good Convenience those who are working above areas. Only Few units left for Sale. Contact : Owner 9844027560.

DNR Highline @ Okalipuram near LULU Mall Rajajinagar 3 & 4 BHK FLATS with 7 Star Luxurious Amenities. Only Few Flats available for Sale. For details Contact: Owner 9844027560.

SADASHIVA NAGAR

4BHK Luxury Apartment With Servant Room & 3 Car Park Available For Rent At Sadashivanagar. Contact : 9880306788 / 8971320540

SAHAKARA NAGAR

3 BHK Duplex apartments for sale at Sahakar Nagar (near Hebbal) 2000 sqft to 2500 sqft available. Price Rs. 6500/- per sqft. 9731308328, 9739448826.

SARJAPUR ROAD

3BHK Flat Sarjapur Road Kaikondarahalli Blr. Nr: Sunny Brooks Next To Wipro Old Campus Avail 3Flats: Each 1733 Sqft, with Lower Base CarPark 9845000998/9591526401

SARJAPURA to Attibele Main Rd Residential conversation land sale 36 Acre 40 ft rd For 1 Acre price: 5.90 Cr Nego No Brokers. Call : 99452 63249

VARTHUR

SALE: 6100 Sft Commercial Site for Sale, Near Varthur, WEST Facing, 'B' Khatha, in BBMP limit, Contact - 9353532040

VIDYARANYAPURA

RESIDENTIAL Site, Corner, Excellent Location, 2000 SQFT for sale at Vidyaranyapura. Clear title. Contact Owner- 9845583070

SITE for SALE BBMP A Katha 40x30 SEMI COMMERCIAL SOUTH FACING THINDLU LAKE SHOW GARDEN PRIME LOCATION CALL: 8296895858

2 BHK FLATS
ARCHITECT DESIGNED
@ Dodda Bamma Sandra

POSESSION OCT 2024 Power Backup, Semi Furnished, CCTV, Close to BEL Factory Call: 9448052794 / 9379458999

VISVESWARAIAH LAYOUT

Commercial Site Sale, Kempegowda Lyt 8th Blk, "D" sector 55x100, W/F BDA, NOC, NNA, Conversion land, Leagal Documents. 5250/-sqft. Contact: 9686469799

BDA Site for Sale, Residential and Commercial Nagarbhavi, Vijaynagar, Basaveshwar Nagar, Sir M Vishveshwaraiah Layout, Kempegowda Layout- BDA Mysore road 30x40, 40x60, 50x80, 80% bank loan, Contact: 9916592400

***DIRECT** OWNER* #1628, N/F 30x40 (9×12mtr) BDA Site Sale VISHVESWARAIAH LAYOUT 2nd Block, Rs.7500/- Contact: 9886634578

AVAILABLE/WANTED BDA Sites in Vishweshwariah Layout 50x80, 40X60, 30X40, 20X30 Genuine Buyers And Sellers. Contact: 9743381719

YELAHANKA

PURVA VENEZIA 3 Bedroom Flat 1610 sqft with 1 car park with Pool, Gym, Club House, Childrens play area for Sale. Rs.1.21 crore. Call :- 98450-07176

OUTSIDE BANGALORE

MYSORE

3BHK Luxury Villas for Sale @ Mysore, Vijaynagar 4th Stage:
- Vaastu compliant
- With Unique, Sleek & Contemporary Design
- Ready for registration
- Starting at Rs.1.85 Cr

Contact: +91 96069 07153/ +91 96069 44810

FOR SALE

BANGALORE

FOR sale excellent commercial property 4200sqft plot size,6.75crore,urgent sale,serious buyers only brokers excuse, magadi main road khb colony . Call on 8431972489

FARM HOUSES

5-GUNTAS plots avble fr sale at Kategenahalli (14kms) from Hosakote on Malur Rd with all Facilities @699/-pr sft Ready to Rgster: 9066793793/ 9880358899.

FARM LAND CLOSE TO WHITEFIELD: Experience Exclusive Bali Themed Farm: Off Old Madras Rd Nr Jalappa Medical College, Kolar @ 29 lac for 5.5 guntas, +91 7411101589.

1300SFT Farmhouse with 80 Cents (34,848sft) Land in a gated Community for Sale @ 98 Lakhs Just 35kms From Sarjapur Contact: 6364684242

FARM LAND on a HILLTOP: Experience Exclusive Bali Themed Farm Development On A Hill Top near Hosur @ 29 lacs for 20 cents. Cal: +91 7411101589

LAND FOR SALE

Land for sale 3.27acres Devanahalli to Doddaballpur Rd suitable for Villa,Layout or Apart.Call:8618987855

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

FOR Sale 4800sqft with 3200sqft building designed & constructed with column structure suitable for Godown / factory / PG or Apartments at Doddanagamangala, Hosa Road, Near Shobha Apartments, Hosur Road, Bangalore. Contact 8088229475, vasukisureshbabu@gmail.com

5000SFT Godown or Industry For Rent 10 months Advance 30 RS Per Sft for rent. Opposite Nagasandra metro Station Vikas Nagar. Call: 9341237571

KASAVANAHALLI Off Sarjapur Rd, G+4 Commrcl Bldng on 50x50 NE Corner Rent 2.50 Lacs pm. Price Rs 6.50 Cr Nego. Call: Raphael 9343728200

MG Road Nr cambridge layout GF commercial, fully furnished studio appt & pent house. 9087560000

LEASE & RENT

PRIME Land 50,000 Sft+ Close to Kengeri Metro, Mysore road, Nice Road Junction & Elevated Expressway available for Rent or Lease with various options open. Ravishankar 9483509169

WAREHOUSES

WARE HOUSE FOR RENT

AVLB in Harohalli Industrial area 3rd phase, 1st ware house 24,150 Sft, 2nd 17,800 Sft,Call : karthik 90198 51332 / 96061 54546

PROPERTY WANTED

WANTED Commercial Property (Tenanted Occupied with Good Rent) at Prime Location with in Bangalore Budget 1.5 Cr To 4 Cr. Contact: 8217596567

WANTED INDUSTRIAL LAND FOR PURCHASE IN HAROHALLI / JIGANI INDUSTRIAL AREA

Looking for 10, 15 or 20 Acres Industrial Land in Harohalli / Jigani Industrial Area with Good Accessibility and water source. Genuine Seller please contact with full Details. Email ID:connectwithus.blr@gmail.com

jobs

SITUATION VACANT

ACADEMIC

TEACHER

WANTED Lecturers in English, Chemistry, Computer Science, Hindi, Kannada, Commerce, Librarian and Physical Education director for VIDYAVANA PU and Degree College, Whitefield, Bengaluru. Email: vidyavanahr@gmail.com , Contact: 9663389388.

WANTED Teachers with BA/MA. BEd, (Eng/SS) BSc /MSc, BEd, B.PEd /M.PEd BFA & Office Assistant. Salary 15000/- to 30000/- Contact Sidhartha International School, Peenya, Dasarahalli. Ph: 7411010046 / 9620100046.

MC'NAY Doon's Public School Wanted-Teachers for Primary & High School. English, Maths, Physics, Biology & Social. NTT, UG/PG with B.Ed Ct:9380129083

ACCOUNTS

ACCOUNTANT

REQUIRED PartTime / Full Time female B.Com Graduates for Accounting & Admin Role In & Around Banaswadi. Contact : 98452 08425

ACCOUNTANT required Knowledge of TDS and GST, Tally, Invoice etc.Min 5 years Experience.MES road Jalahalli.M:7022185153

ACCOUNTS & FINANCE

WANTED Accountants & Documentation Executives. Minimum 2-3 Yrs Exp. in Exports Company Will Be Pref. Email: cvmspl8@gmail.com

BANKING

BANKS in Karnataka need gold appraisers. Attractive Salary (Rs 15 - 25 thousand) Experienced Appraisers Contact 9591621718/ 99643 9046

ADMINISTRATION

EXECUTIVES

E-COMMERCE Executives Required for online selling with Knowledge in Excel. Location: Cunningham Road, Contact on 9152011777

OFFICE ASSISTANTS

OFFICE-BOY WITH BIKE LICENSE REQUIRED. LOCATION: CUNNINGHAM ROAD, CONTACT ON 9152011777

MARKETING, ADVERTISING & SALES

SALES

OUTDOOR-SALES-EXECUTIVES Reqd with knowledge Excel & good comm. English Hindi & local language Loc:cunningham,Rd:9152011777

OTHER VACANCIES

CALL CENTRES

CALL-CENTER Executives with Knowledge in Excel & Good Commn in English Hindi & Local Language. Location: Cunningham Road: 9152011777

MULTIPLE VACANCIES

ಬಿ.ಸಿ. ಪಾಳ್ಯದಲ್ಲಿರುವ ಸಿಬಿಎಸ್ಇ ಶಾಲೆ. 2024-25 ನೇ ಸಾಲಿಗೆ ಅಗತ್ಯವಿರುವ ಉತ್ತಮ ಸಂವಹನ ಕೌಶಲ್ಯವಿರುವ ಶಿಕ್ಷಕರು ಬೇಕಾಗಿದ್ದಾರೆ.
ಅಭ್ಯರ್ಥಿಗಳು ನಿಮ್ಮ ಅರ್ಜಿಗಳನ್ನು recruitmentsps2024@gmail.com ಗೆ ರವಾನಿಸಲಾಗುವುದು.
ಹೆಚ್ಚಿನ ವಿವರಗಳಿಗೆ 81971 75730/97317 55667 ಇಲ್ಲಿಗೆ whats app ಸಂದೇಶ ಕಳುಹಿಸಬಹುದು.
ಮುಂದಿನ ವರ್ಷದ ಅಗತ್ಯವಿರುವ ಹುದ್ದೆಗಳು.
1. ಉಪ ಪ್ರಾಂಶುಪಾಲರು- ಸುಮಾರು ೫ ವರ್ಷ ಅನುಭವ (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
2. ಅನುಭವ ಇರುವ ಶಾಲಾ ಸಂಯೋಜನಾಧಿಕಾರಿ. (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
3. ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲಾ ಶಿಕ್ಷಕರು. ವಿಷಯಗಳು : ಇಂಗ್ಲೀಷ್, ವಿಜ್ಞಾನ, ಗಣಿತ (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
4. ದೈಹಿಕ ಶಿಕ್ಷಕರು (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
5. ಗ್ರಂಥಪಾಲಕರು (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
6. ಕಚೇರಿ ಗುಮಾಸ್ತ. (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
7. ಕಲೆ & ಕರಕುಶಲ ಶಿಕ್ಷಕರು (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)
8. ನೃತ್ಯ ಶಿಕ್ಷಕರು. (ಆಂಗ್ಲ ಮಾಧ್ಯಮ)

WORK FROM HOME

SPECIAL OPPORTUNITY FOR EDUCATED SENIOR CITIZENS. ONLY FOR THE NEEDY. PLEASE FEEL FREE TO CONTACT 9880038225.

personal

CHANGE OF NAME

I, Jayamma Residing at C.T Road, Madhugiri Town, Madhugiri, Tumkur (D). My Name mentioned in Aadhaar Card, Ration card, Voter Id & others documents as Jayamma, My daughter's marks card & Pass port my name wrongly mentioned as Jayalakshmi. Hereby declare that Jayamma & Jayalakshmi both the names belongs to same person. I'm using Jayamma for future documents vide affidavit dated 25.01.2024 Sworn Before Notary K.J Lakshminarayanappa, Madhugiri.

I, REISHMA BANU D/o. Mohammed Ghouse Residing at No. 59, Near Government School, Jantha Colony, Chikkasandra, T.Dasarahalli, Bangalore-560057 have changed my name to JASMEEN S D/o. Mohammed Ghouse Shariff vide affidavit dated 02.03.2024 Sworn before notary: V.Anjanappa, Bangalore

I, Silambaras R/a #49/1, 8th Cross, 6th Main Pillappa Block, Ganganagar, RT Nagar post, Bangalore-560032 have changed my name to Silambaras R vide affidavit dated 27.2.2024 sworn before Notary N Mahesha Bangalore

I, RAJASHREE HONRAO and RAJASHREE RAMCHANDRA HONRAO D/o RAMCHANDRA HONRAO R/o #5, Maruthi Layout, Varanasi, Bangalore-560036 are same person using above names in my documents.

I Naazneen D/o Mahaboob Pasha R/o #2148, 1st Flr, 39th Cross, East End C Main, 9th Block, Jayanagar, B'luru-560041 have changed my name to Naazneen Naaz for all purposes

I Sunil Umesha s/o Umesha Kanhangad R/o Flat # 208 Thirumala Facing, Yelenahalli, Akshayanagar, B'luru-560114 have changed my name to Sunil Umesh for all Purposes.

I, Amina Irum W/o Shaeik Ammanullah R/o # 114/5 12th Cross Sonnappa Block Pillanna Garden 3rd Stage B'lore-560045 have changed my name to Amina Irum K for all purposes.

OBITUARY

SAD DEMISE

OBITUARY

G. RAGHAVAN
26 FEBRUARY 2024

Our beloved father G.Raghavan (ex-RBI) passed away peacefully at his home in Bengaluru. He is dearly missed and will always hold a fond place in all our hearts. He was preceded in death by our loving mother Lalitha.

Uma, Usha, Ramesh joined in grief by Ravi, Vidya, Rae, Sat & Sid, along with our large loving extended family & friends.

Contact (nephew) : Santhanam 9945010591

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

PICS: KAUSHIK JN

Stopped short

Scenes from the Royal Challengers Bangalore vs. Mumbai Indians match in Chinnaswamy Stadium on Saturday. Mumbai Indians bowlers Pooja Vastrakar and Nat Sciver-Brunt's outstanding spells restricted RCB to 131/6 in their 20 overs

LS polls: BJP releases 1st list of 195 candidates

Modi from Varanasi; Rajeev finds spot

#NEW DELHI

The Bharatiya Janata Party (BJP) on Saturday announced its first list of candidates for the upcoming Lok Sabha elections.

In a media briefing, BJP leader Vinod Tawde announced the names of 195 candidates contesting the 2024 Parliamentary elections.

Prime Minister Narendra Modi is the most high-profile name featuring in the first list of the BJP for Parliamentary elections.PM Modi will seek re-election to Lok Sabha from the Varanasi constituency in Uttar Pradesh. He has been contesting from there since 2014.

In the list, of the 195 nominees, two former chief ministers and Lok Sabha Speaker have been included.

A total of 34 Union Ministers and Ministers of States will be fielded again in the Lok Sabha polls.

The party finalised the names of candidates during BJP's Central Election Committee (CEC) meeting chaired by PM Modi.

Out of 195 nominees, the BJP's pick for seven Lok Sabha seats in Delhi took everyone by surprise.

Manoj Tiwari is the only BJP MP from Delhi to get a party ticket to contest the 2024 Lok Sabha elections. Barring him, all other existing Parliamentarians including Meenakshi Lekhi, Ramesh Bidhuri, Parvesh Singh Verma and others have failed to get party tickets. **-IANS**

Secretary General of the Confederation of All India Traders (CAIT) Praveen Khadelwal offers sweets to the daughter of late BJP leader Sushma Swaraj and the party's Delhi Secretary Bansuri Swaraj after both were named in BJP's first list of candidates for the upcoming Lok Sabha elections, in New Delhi

I'm honoured, happy: Rajeev Chandrashekhar

Soon after the BJP's announcement of his candidature from Kerala's Thiruvananthapuram constituency for the Lok Sabha polls, Union Minister Rajeev Chandrashekhar on Saturday said that he was honoured and happy.

"I'm very honoured and excited. After 18 years of public life and serving in Rajya Sabha, this is the first opportunity that I have got to contest in the Lok Sabha. The Prime Minister, the Home Minister and our party president have chosen to field me as their candidate in the capital of Kerala, Thiruvananthapuram the state I belong to, the state my family belongs to," Chandrashekhar told ANI.

"This is the campaign I look forward to, the campaign I will start very shortly. I will confront the vital issues of the people of Trivandrum," he added.

Union Minister Rajeev Chandraskhekar has been fielded against Congress MP Shashi Tharoor from Kerala's Thiruvananthapuram, which is being considered significant as BJP in the Lok Sabha polls in 2019 drew a blank in Kerala. This is the first time that Chandrashekhar has been fielded for Lok Sabha polls. He also served as a national spokesperson of BJP. **-ANI**

Setback for residents of BDA flats

CONTINUED FROM PAGE 1

The BDA Indraprastha Apartment Owners' Welfare Association members submitted a memorandum to deputy Chief Minister DK Shivakumar highlighting the problems and lack of amenities at the apartment complex but nothing has been done to mitigate their woes till date.

"There are many issues to be fixed at this apartment complex. The BDA did not leave the necessary setback area on the northern side of the apartment complex thus delaying the inspection by the fire and emergency services to issue the no objection certificate. The authority is yet to take measures to ensure final coating of painting at the flats," said Ramesh Krishnamurthy, a resident. Demanding the BDA provide basic amenities, Archana Darebail, a resident, said the civic body promised many amenities, including a swimming pool but failed to walk the talk.

"Many works are pending here. The BDA must complete them without delay. The BDA has to develop a children's play area here," said Archana.

BDA Indraprastha Apartment Owners' Welfare Association vice president A Balasubramanya said the sewage treatment plant (STP) installed by the BDA is not capable of treating sewage water from five blocks. "The STP was installed for three blocks. Two other blocks were constructed after the installation of the STP. Walls and roof of the 14th floor have developed cracks and it will be difficult for those residing at these flats during the monsoon," said Balasubramanya.

According to the residents, the BDA is yet to fix the boundary for the apartment complex on the northern side. They said the BDA constructed a three-floor building for a club house but it is being used for other purposes. They said the lift was being operated without valid approval as per Karnataka Lifts Escalators and Passenger Conveyors Rules, 2015.

Meanwhile, BDA assistant executive engineer said the work on children's park has commenced. "We have sent the application to the fire and emergency services for issuing no objection certificate. Measures are being taken to ensure the sufficient space (setback area) on the northern side of the apartment complex. Regarding the STP, the BDA has nothing to do with it. Installation of the STP is BDA's responsibility but the residents have to maintain it," said the assistant executive engineer.

Acid poured over tree roots

CONTINUED FROM PAGE 1

hopes of killing it is shocking. BBMP has been notified and we want to see strict action taken against the individual harming the tree," said a resident of the area. City-based tree activists and residents said this is not the first case of people using acid to kill trees. According to Vijay Nishant, founder of Project Vruksha, this is the third case of acid being poured on trees in the last one month.

"Nearly a month ago, two trees in the KR Market area were destroyed by pouring acid. This was done by a house owner as the trees damaged were in front of his entrance and he wanted them gone. After we were notified, we reached the spot and tried to save the trees but could not as these were young trees, less than three years old. Many such cases have come up recently and it is time we reach out to Lokayukta," said Nishant.

Experts said as per the Karnataka Tree Preservation Act, 1976, pouring chemicals at the base of trees amounts to illegal felling and strict action should be taken against offenders.

"Poisoning or putting chemicals in the base of the tree amounts to illegal felling. An investigation must be carried out and if proven, the offenders must be punished under Karnataka Tree Preservation Act, 1976. Frequent incidents of this nature indicate that offenders are not wary of disciplinary action. BBMP must take up such cases and ensure that they meet their logical end. This will act as a deterrent," said a city-based environmentalist.

HEALTH TIP: Watermelon seeds are rich in magnesium, which helps maintain healthy nerve and muscle function

A coffee before exercise has been shown to improve endurance

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

All you need to know about...

Biotin

Biotin and metabolism
One of the primary functions of biotin is its involvement in metabolism. As a coenzyme, biotin plays a crucial role in various metabolic processes, including the breakdown of carbohydrates, fats, and proteins. By facilitating enzymatic reactions within the body, biotin contributes to the production of energy and the maintenance of metabolic balance. This essential role underscores the importance of adequate biotin intake for overall health.

Beyond beauty
Biotin's Impact on Health: While biotin has long been touted for its benefits for hair, skin, and nails, its influence extends far beyond cosmetic concerns. Research suggests that biotin may play a role in supporting cardiovascular health by helping to regulate cholesterol levels and supporting healthy blood sugar metabolism. Biotin is believed to support cognitive function, with studies indicating its potential in promoting brain health and cognitive performance.

Deficiency implications
Biotin deficiency remains a concern for certain populations. Individuals with conditions such as malabsorption disorders, pregnant women, and those on long-term antibiotic therapy may be at increased risk of deficiency. Symptoms of biotin deficiency can manifest as hair loss, skin rash, neurological symptoms, and metabolic disturbances. Recognising these signs and ensuring adequate biotin intake is crucial for maintaining optimal health.

Intake
Ensuring an adequate intake of biotin can be achieved through a balanced diet that includes biotin-rich foods such as eggs, nuts, seeds, and certain vegetables. Additionally, biotin supplements are available for those who may require extra support. —IANS

All things walnut

Soup, dip or something sweet? Make it nutty

ROASTED RED PEPPER & WALNUT DIP

INGREDIENTS
- 3 large red bell peppers
- 2 tbsp pomegranate molasses
- 1 to 2 tsp chilli flakes
- ¼ cup + 1 tbsp bread crumbs
- ½ cup + 2 tbsp walnuts
- ½ tsp salt
- ½ tsp ground cumin
- 1 garlic clove, minced
- 2 tbsp lemon juice
- 1 tbsp olive oil

METHOD
- Preheat the oven to 230° C.
- Place the red bell peppers on a baking sheet and bake for approximately 25 minutes or until the bell peppers are slightly charred. Turn them a few times while cooking.
- Once the bell peppers are done baking, place them in a bowl and cover them for at least 10 minutes. This will help them steam so that you can easily peel them.
- Once the bell peppers are cool enough to handle, peel off the skin and discard it. Remove the sides and set aside to cool down a little more. Discard the seeds.
- Place the pomegranate molasses, chilli flakes, walnuts, salt, ground cumin, garlic, lemon juice and olive oil in a food processor and pulse until just combined.
- Add the cooled bell peppers to the mixture in the food processor and pulse again until just combined. Make sure not to overdo it.
- Remove the dip to a serving bowl and serve with crudites, pita bread wedges and other dippers.
- **TIP:** This dip will last in the fridge for up to four days.

BBQ CHOCOLATE & WALNUT BANANAS

INGREDIENTS
- 4 large ripe bananas, peeled
- 25 g milk chocolate chips
- 25 g mini marshmallows
- 75 g walnuts, roughly chopped
- 75 g salted caramel sauce
- Vanilla ice cream to serve

METHOD
- Make a long slit along the length of each of the bananas and place each on a large square of foil.
- Gently open up the slits in each of the bananas and press in the mini chocolate chips and mini marshmallows.
- Wrap up the foil loosely around each banana to seal.
- Place the foil parcels on a barbecue or griddle pan and cook for 15 minutes until the bananas are soft and the chocolate has melted.
- While the bananas are cooking, mix together the chopped walnuts and the salted caramel sauce.
- Open up the foil parcels and top the barbecued bananas with the walnut-caramel mixture.
- Serve each of the chocolate and walnut bananas with a small scoop of ice cream.
- **COOK'S TIP:** These bananas in foil can also be cooked in a preheated oven at 200° C for 15 minutes. Prepare them ahead of time, chill them, and heat just before guests arrive.

CREAMY WALNUT & TOMATO SOUP

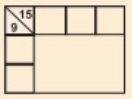
INGREDIENTS
- 2 tbsp olive oil
- 1 cup chopped onion
- 1 tsp chopped garlic
- 2 cups vegetable stock
- ½ teaspoon salt, or to taste
- ½ tsp sugar
- 1 cup crushed tomatoes
- Pepper, to taste
- 3 tbsp chiffonade fresh basil
- 2/3 cup walnut cream
- Parmesan, to garnish

METHOD
- Heat the oil in a large saucepan over a medium flame. Add the onions and garlic and sauté for five minutes.
- Add the vegetable stock, salt, sugar and tomatoes; cover and cook over a low flame for 40 minutes. Season with pepper.
- Add the basil and puree with a stick blender until very smooth.
- Stir in the walnut cream and garnish with additional basil and parmesan.

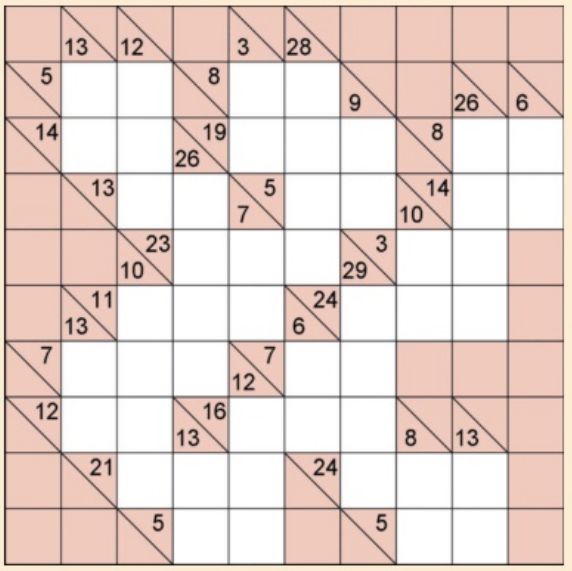
Chef Sabyasachi Gorai, Recipe: California Walnuts for Femina

Kakuro

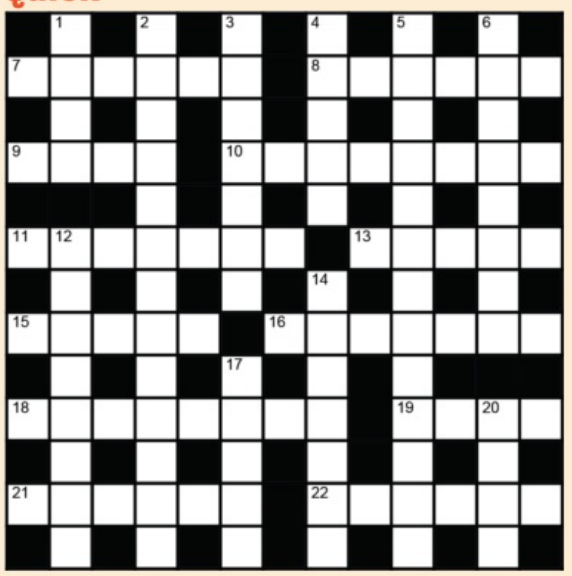
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Japanese emperor (6)
8 Bring back to mind (6)
9 Largest continent (4)
10 Locate precisely or with great accuracy? (8)
11 Oblique equilateral parallelogram? (7)
13 Mystery stories pioneer ___ Allan Poe (5)
15 A touch of colour (5)
16 Underwent change (7)
18 Disgraceful events (8)
19 African antelope (4)
21 Hankered for (6)
22 Military decorations (6)

DOWN

1 Uncles in Spain (4)
2 M G in M G Road? (7,6)
3 Baffle (7)
4 Part of a fork (5)
5 A playing card (3,2,8)
6 Lengthen (8)
12 Coiffures (8)
14 Characterised by abundance (7)
17 Fop (5)
20 Yap like a pup (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS O

COZG OE JRR ELRHJ JR UG SOEGHMUCG.

Linemaro

Your smile is better than chocolate

Mindchow

We tend to put off living; dream of some magical rose garden over the horizon instead of enjoying the roses outside our windows

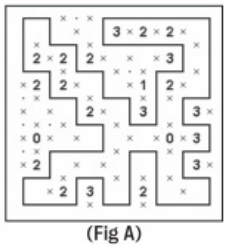
Joke of the day

You may not be able to read a doctor's handwriting and prescription, but you'll notice his bills are neatly typewritten

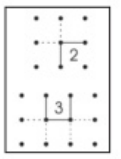
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



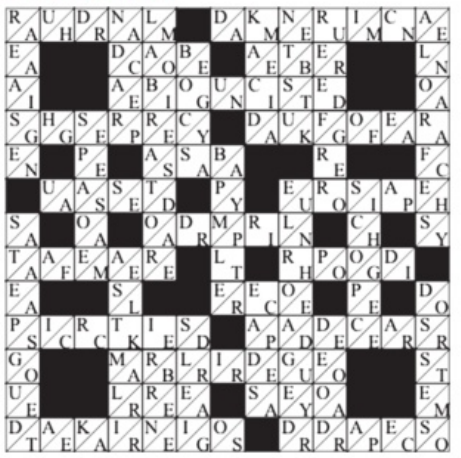
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

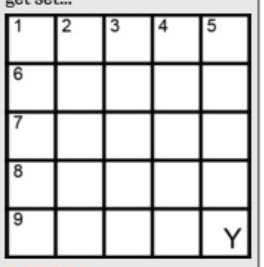
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

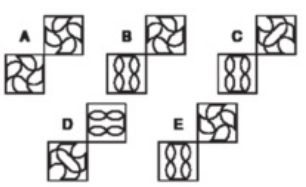
1 Mob us; 6 Hallo;
7 No Mud; 8 Leal I;
9 RY Car

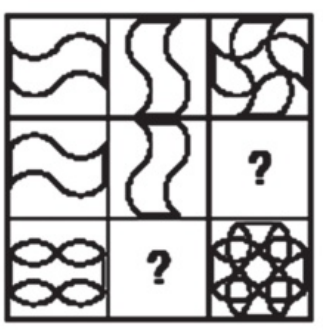
DOWN

1 Mo hic; 2 A loom;
3 Ruble; 4 Lunar;
5 Sly Da

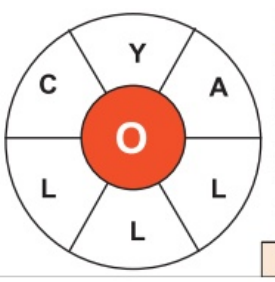
Mensapuzzle

Which two squares are missing?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **07** Outstanding

SudokuChallenge

	7		8	6	5		9	
8	9						4	6
		1				7		
5			9	7	8			4
6			1	5	4			3
		2				9		
9	3						8	1
	5		4	9	3		2	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16

2 2 2 8

Medium = 7

2 5 6 6

Hard = 33

5 7 7 5

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

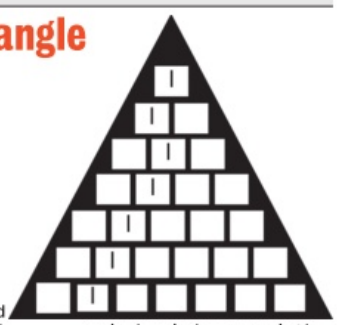
Differences: 1. Putter is longer. 2. Ball is moved. 3. Umbrella is smaller. 4. Leg is moved. 5. Man has more hair. 6. Golf bag strap is missing.

Riddler

What do these three words have in common?
Axiom Outwit Tomato

Alpha triangle

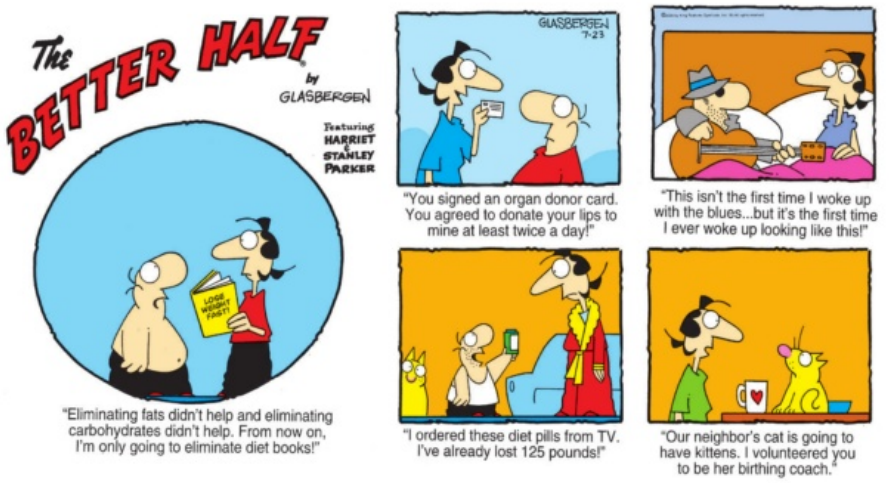
1 Pronoun
2 Not out
3 Clamour
4 Minor dent
5 Start eating
6 Eating in style
7 Discovery

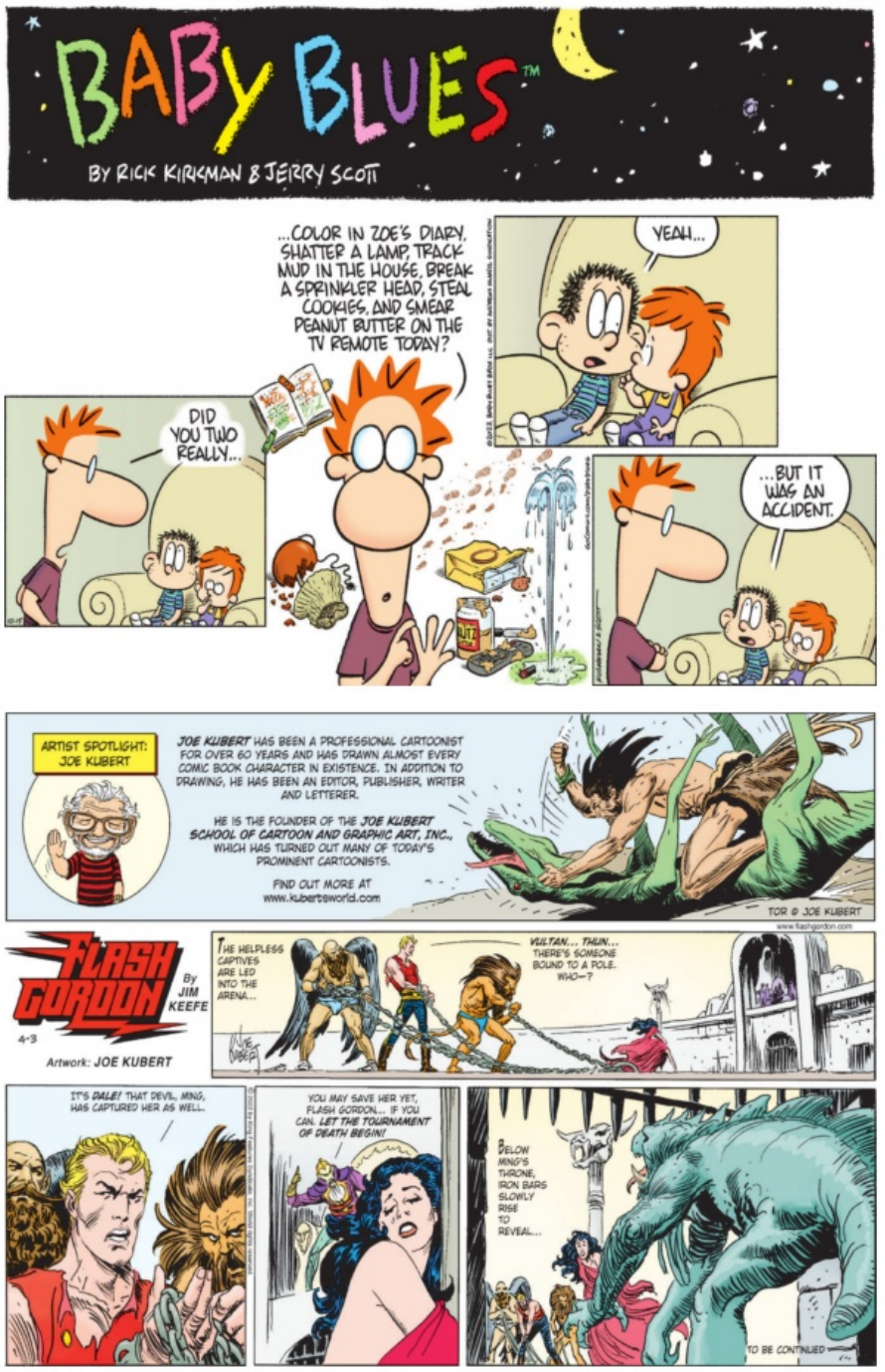


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
LOSE WEIGHT FAST!
"Eliminating fats didn't help and eliminating carbohydrates didn't help. From now on, I'm only going to eliminate diet books!"
GLASBERGEN 7-23
"You signed an organ donor card. You agreed to donate your lips to mine at least twice a day!"
"This isn't the first time I woke up with the blues...but it's the first time I ever woke up looking like this!"
"I ordered these diet pills from TV. I've already lost 125 pounds!"
"Our neighbor's cat is going to have kittens. I volunteered you to be her birthing coach."


BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
...COLOR IN ZOE'S DIARY, SHATTER A LAMP, TRACK MUD IN THE HOUSE, BREAK A SPRINKLER HEAD, STEAL COOKIES, AND SMEAR PEANUT BUTTER ON THE TV REMOTE TODAY?
YEAH...
DID YOU TWO REALLY...
...BUT IT WAS AN ACCIDENT.

ARTIST SPOTLIGHT: JOE KUBERT
JOE KUBERT HAS BEEN A PROFESSIONAL CARTOONIST FOR OVER 60 YEARS AND HAS DRAWN ALMOST EVERY COMIC BOOK CHARACTER IN EXISTENCE. IN ADDITION TO DRAWING, HE HAS BEEN AN EDITOR, PUBLISHER, WRITER AND LETTERER.
HE IS THE FOUNDER OF THE JOE KUBERT SCHOOL OF CARTOON AND GRAPHIC ART, INC., WHICH HAS TURNED OUT MANY OF TODAY'S PROMINENT CARTOONISTS.
FIND OUT MORE AT www.kubertsworld.com
TOR © JOE KUBERT
FLASH GORDON
By JIM KEEFE
4-3
Artwork: JOE KUBERT
THE HELPLESS CAPTIVES ARE LED INTO THE ARENA...
VULTAN... THUN... THERE'S SOMEONE BOUND TO A POLE. WHO—?
IT'S DALE! THAT DEVIL, MING, HAS CAPTURED HER AS WELL.
YOU MAY SAVE HER YET, FLASH GORDON... IF YOU CAN. LET THE TOURNAMENT OF DEATH BEGIN!
BELOW MING'S THRONE, IRON BARS SLOWLY RISE TO REVEAL...
TO BE CONTINUED

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon, which makes you happy. You are likely to get a big order with the help of your communication skills. You are polite with the people around you. You may make some difficult decisions in business with the help of your colleagues.

Taurus Apr 21 – May 20
Today, you are blessed by the moon, making it a good day for you. You have good vitality and may enjoy work. Romantic moments with your spouse may improve domestic harmony. You are likely to make new plans to start a new project, and your perfectionism may help you design the flow chart. Job seekers will find a suitable job. Love birds are advised to avoid discussions on worthless topics.

Gemini May 21 – Jun 21
Today, you may not feel well; old health issues may arise, making you upset. You may make some wrong decisions due to impatience and haste. It is advised to think twice before making any decision. It is also advised not to keep money loose, as you may spend it on buying worthless stuff.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, which may make you happy. You may likely have good gains in your past investments. You may be able to make quick decisions in terms of work, which may give you good gains in the near future.

Leo Jul 24 – Aug 23
Today, you may be busy at work, and with the help of your strong network, you may be able to implement your plans successfully. Your wisdom may help you gain profits in past investments. You may enjoy romantic moments with your spouse, which will increase harmony in your domestic life. Love birds may enjoy their happy moments.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon, which may make you happy. Last week's crunch is now over. With the blessing, you may get reciprocation of your hard work. With the help of your subordinates, you may be able to initiate your postponed work. There are some gains in your business, which may boost your finances.

Libra Sep 24 – Oct 22
Today, you may feel dull and have some health issues. You are advised to postpone making investments in the business and not to start a new venture. You are likely to face losses in the business, and your gains may convert into losses.

Scorpio Oct 23 – Nov 22
Today, you may be enthusiastic, which may speed up your project. You may be able to make quick decisions, which will increase your business. You may likely start a new innovation in partnership. Investments in fixed assets with a business partner are not advised.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount that was stuck somewhere may likely be recovered now. You may also apply for a loan to buy some luxury items.

Capricorn Dec 23 – Jan 20
Today, you are blessed by Jupiter, which may give you confidence. You may be able to make important decisions confidently. You are decisive and may grab opportunities without a second thought. You may likely spend money on family and friends. Love birds may enjoy their happy moments. Job aspirants may likely get a suitable job with the help of friends.

Aquarius Jan 21 – Feb 19
Today, you may have a dull feeling. You may not enjoy your day and may be a victim of arrogance, affecting both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Pisces Feb 20 – Mar 20
Today, you may feel energetic and perform efficiently at work. Your hard work may pay off now, boosting your confidence. Property-related disputes with siblings are likely to be resolved now. Your meeting with an influential person may boost your network.

KIDZONE

Navnith Nitesh Rathod, 9 Years, St Joseph's Boys High School

Naveena, 10 Years, St Paul's High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
53=½x
x=53×2
x=106

BULL'S EYE
alloy, clay, coal, local, LOCALLY, loll, loyal

FAST FIVE

C	A	R	R	Y
I	L	E	A	L
M	O	U	N	D
H	O	L	L	A
O	M	B	U	S

QUOTE UNCODE
Life is too short to be miserable.

STRIKE OUT

T	A	K	I	N	G	S		D	R	A	C	O		
U		L	E	A		S	E	A				E		
O		A	B	R	I	D	G	E				T		
P	I	C	K	E	D		A	D	D	E	R	S		
E		L		E	C	E		P		O				
T	A	M	A	R		L	H	O	O	D				
S		O		O	R	P	I	N		H		Y		
T	I	N	G	E		M	U	T	A	T	E	D		
A		A		S		F		I		T				
R	H	O	M	B	U	S		E	D	G	A	R		
A	S	I	A		P	I	N	P	O	I	N	T		
O		H		N		O		E		O				
M	I	K	A	D	O		R	E	C	A	L	L		
I	T	C	H	E	D		M	E	D	A	L	S		
S		I		Y		E		S		P				

QUICK

T	M	N		P	A		E							
M	I	K	A	D	O		R	E	C	A	L	L		
O		H		N		O		E		O				
A	S	I	A		P	I	N	P	O	I	N	T		
		T		L		G		F		G		C		
S	H	E	E	R		R	Y		D	U	F	F	E	R
I		E	B	O	N	I	T	E				A		
A		C	A	B		A	T	E				N		
R	U	R	A	L		A	M	E	R	I	C	A		
		L		E	A		S	E	A			E		
A	B	R	I	D	G	E						T		
P	I	C	K	E	D		A	D	D	E	R	S		
E		L		E	C	E		P		O				
T	A	M	A	R		L	H	O	O	D				
S		O		O	R	P	I	N		H		Y		
T	I	N	G	E		M	U	T	A	T	E	D		
A		A		S		F		I		T				
R	H	O	M	B	U	S		E	D	G	A	R		
A	S	I	A		P	I	N	P	O	I	N	T		
O		H		N		O		E		O				
M	I	K	A	D	O		R	E	C	A	L	L		
I	T	C	H	E	D		M	E	D	A	L	S		
S		I		Y		E		S		P				

MENSA PUZZLE
B: looking across and down the contents of the first two tiles are combined to produce the contents of the end tile.

RIDDLER
Each word is made up exclusively of letters that are vertically symmetric.

SUDOKU

3	7	4	8	6	5	1	9	2
8	9	5	7	1	2	3	4	6
2	6	1	3	4	9	7	5	8
5	1	3	9	7	8	2	6	4
4	8	7	2	3	6	5	1	9
6	2	9	1	5	4	8	7	3
7	4	2	6	8	1	9	3	5
9	3	6	5	2	7	4	8	1
1	5	8	4	9	3	6	2	7

ALPHA TRIANGLE
I, In, Din, Ding, Dign, Dining, Finding.

GO FIGURE
Easy
8 − 2 + 2 × 2 = 16
Medium
6 + 2 + 5 − 6 = 7
Hard
7 x 5 − 7 + 5 = 33

LOOP

KAKURO

Volume No 17, Issue No 009 RNI NO:KARENG/2007/22325 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

HELLO PIRATE

Priyanka Chopra to play sea rover

After turning executive producer for 'To Kill A Tiger', Priyanka Chopra Jonas is all set to star in 'The Bluff', which will be directed by Frank E Flowers.

Priyanka took to Instagram and announced her new project. She wrote, "Now and then we had a hope that if we lived and were good, God would permit us to be pirates. -Mark Twain."

Hollywood actor Karl Urban is in talks to join 'The Bluff' team. As per Deadline, set in the 19th century Caribbean, The Bluff follows a former female pirate (Priyanka) who must protect her family when the mysterious sins of her past catch up to her.

The movie, produced by AGBO Studios and Amazon MGM Studios, is directed and co-written by Frank E. Flowers.

This will be Priyanka's second project with The Russo Brothers after she starred in their Amazon Original series 'Citadel'.

A few days ago, Priyanka became an executive producer for the Oscar-nominated documentary 'To Kill A Tiger'.

She expressed her excitement about joining the team as an executive producer alongside Dev Patel, Mindy Kaling, and others.

Taking to her Instagram handle, she wrote in a post, "I'm so proud to join the incredible team of the Academy Award nominated documentary @tokillatigerdoc , and to announce that @netflix has acquired the global distribution rights to this powerful feature directed by @nishappics . When I first watched this film in 2022, I was immediately captivated by its poignant narrative, depicting a father's valiant struggle within the judicial system to secure justice for his daughter. This project serves as a testament to the boundless love and unyielding determination of a devoted father for his cherished daughter." —ANI

Skin show

Singer-songwriter Miley Cyrus, who won the Record of the Year and Best Pop Solo Performance for 'Flowers' at the 2024 Grammys, took to her Instagram recently and shared some risque photos.

The singer also released her new single titled 'Doctor (Work It Out)', for which she has collaborated with Zane Lowe and Pharrell Williams, reports 'Mirror.co.uk'.

For the pictures, Miley let go off her top and flaunted some skin. The pictures show her with her arms crossed over her chest and the photo is carefully cropped before revealing too much.

As per 'Mirror.co.uk', she let her long locks flow, but added a cowboy hat which she noted was a gift from Pharrell as a nod to her country roots.

The song release comes amid reported tension in her family. In the most recent twist, her mother Tish Cyrus, 56, is rumoured to have 'stolen' Noah Cyrus' boyfriend, according to Us Weekly. — IANS

NISSAN
NISSAN MAGNITE
BIG BOLD BEAUTIFUL AUTOMATIC EXPERIENCE
EZ-Shift
MAGNITE
EASY TO DRIVE AMT
NISSAN MAGNITE EZ-SHIFT AMT
RANGE STARTS @ ₹6 59 900*
NISSAN MAGNITE CVT
RANGE STARTS @ ₹9 99 900$
FUN TO DRIVE HRAO X-TRONIC CVT
MAGNITE SPECIAL FEATURES
First-in-segment Around View Monitor
First-in-segment 17.78 cm TFT Advanced Drive Assist Display
Wireless Connectivity to Android Auto & Apple CarPlay
WITH VDC
WITHOUT VDC
Vehicle Dynamics Control with Steering Active Learning
#BigBoldBeautifulAutomatic
SCAN FOR MAGNITE AMT
BENEFITS UP TO ₹87 000**
TO KNOW MORE 8879509258
SCAN FOR MAGNITE CVT
TEST DRIVE TO BOOK NOW: 7065233336 | Book Nissan Magnite | Also Available in CSD | www.nissan.in | /NissanIndia | /Nissan_India | /Nissan_India | /@NissanIndia
AUTHORIZED NISSAN DEALERS: KARNATAKA: BANGALORE: HBR LAYOUT: JUBILANT NISSAN- 9731176404, BRIGADE ROAD: SURYA NISSAN- 9731161303, HOSUR ROAD: SURYA NISSAN- 9731161784, KANAKAPURA ROAD: SURYA NISSAN- 9731161104, WHITEFIELD: SURYA NISSAN- 9731161885, HOSPET: RAYSLINE NISSAN- 9108992650, BELGAUM: SWASTI NISSAN- 9731162374, HUBLI: SWASTI NISSAN- 9731162488, MYSORE: HONNASSIRI NISSAN- 9731153151.
*Terms & conditions apply. All prices ex-showroom Delhi. Features may vary from variant to variant. Colours are indicative only and may vary due to printing constraints. Accessories shown may not be part of standard fitment. $Price applicable on limited stock.**The scheme is applicable on vehicles invoiced on or before 31st March 2024. Please visit your nearest Nissan dealer for more information.
NISSAN FINANCE